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MOSAIC

PUT A RING ON IT
SWEETHEART GIFTS FOR HIM AND HER
{page 28}

UH-OH
MARRIAGE WOES ALREADY FOR KATY?
DISH {page 23}

CALGARY metro®

Thursday, February 10, 2011
www.metronews.ca

News worth sharing.

On a roll

▶ Calgary Flames, from left, Brendan Mikkelson, Olli Jokinen, Curtis Glencross and David Moss celebrate Glencross's goal against the Ottawa Senators yesterday in Calgary. The Flames won 5-2. Story, page 33.

DALE MACMILLAN/GETTY IMAGES

Flames burn visiting Senators

Reel Fun awaits at film festival

Lineup boasts Oscar-nominated shorts {page 16}

Abused puppy a cautionary tale

Humane society issues warning over online pet sales {page 4}

Nenshi defends free flight

Mayor is currently in Toronto speaking at various events and attending meetings Kasian Architecture, which invited him to speak at its Health City Symposium, paid for the $721.51 round-trip ticket

After coming under fire for accepting a free plane ticket to Toronto, Mayor Naheed Nenshi is firing back at his colleagues.

Nenshi issued a release yesterday from Toronto saying he was taken aback by the response and said he was trying to save taxpayers' dollars.

"A tour like this is part of the role of mayor. A mayor must be a champion for the city at home and abroad," he said in the statement.

"I am surprised by the criticism that I have received from a few aldermen given that they themselves did not disclose their donors during the election, including potential contributions from developers who may well have active projects in their wards and before council."

Ald. Ray Jones said he believes the mayor is being transparent but that taking money from developers may not be the best idea,

"There's kind of an unwritten policy that you don't take developers' money to travel because it could lead to things like golf trips and holidays and things like that," he said.

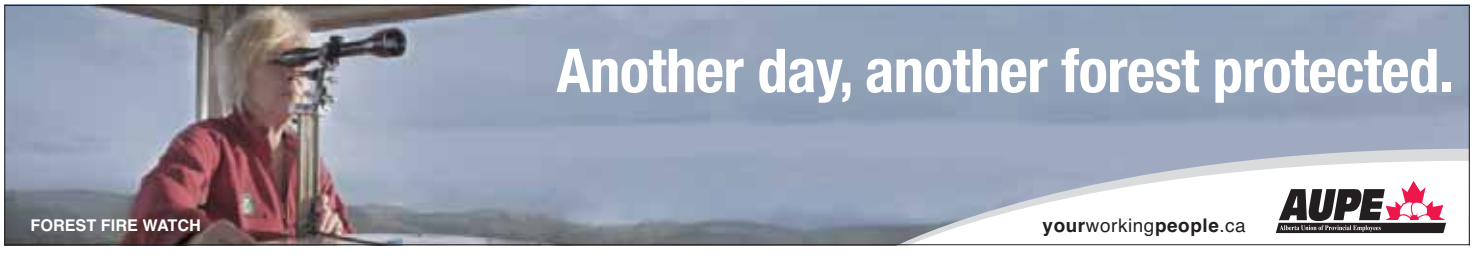
"We all know that the mayor is down there to promote the City of Calgary and what he's doing. He's not going down there for pleasure, he was going down there for business."

The majority of the Toronto trip was paid for by the mayor's office.

KATIE TURNER

Next up

- Nenshi's $659.14 ticket to Vancouver next week will be paid for by the Local Government Leadership Academy, according to his statement.
- He said he's not aware of any direct relationship between Kasian Architecture and the City of Calgary.



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Hearing starts for man accused of stabbing Mountie

The defence of a Calgary man accused of stabbing a Mountie last year intends to appeal his trial.

Lee Christopher Monrose was being interviewed in the downtown offices of the Alberta Serious Incident Response Team June 1 when he allegedly stabbed Sgt. Andrew Johnson.

As a three-day hearing began yesterday, Monrose's lawyer reportedly explained to court that his client is willing to commit to numerous charges linked to the incident but takes objection to the attempted murder charge. Monrose was in the offices to discuss an incident from 2009 where he claims he was grazed in the head by bullet during an altercation with police. METRO

Second arrest in break and enter case

A second man has been arrested in relation to a break and enter in which two children were dubbed heroes after hiding in a closet and calling police.

Two 12-year-old children heard the doorbell ring just after noon on Jan. 4 but did not answer. When someone began rapping on the door, the siblings hid in a bedroom closet and called 911. When police arrived, officers tried to block a vehicle with a lone male in the driver's seat, who managed to escape. Two men also escaped through the back door of the house.

Brian Jerard Roy Marschlik and Justin Stewart Key have since been arrested and charged. KATIE TURNER

CAROLINA NOVOTNY/FOR METRO

▶ The Military Museums have been the site of multiple incidents of theft in recent months.

Theft spree targets veterans' museum

One suspect charged in relation to stolen display items
Calgary, military police continue to investigate

JEREMY NOLAIS
@METRONEWS.CA

Roughly 100 display items have been stolen from The Military Museums in a theft spree that has devastated those within the institution, Metro has learned.

War memorabilia such as badges, medals and belts were among the possessions taken between August and December of last year, said executive director Tom Doucette.

"It's substantial, it's devastating," he said.

"Hopefully those that are involved will be brought to justice accordingly."

Calgary police confirm one individual was charged in late January with possession of stolen property over $5,000 in relation to the thefts; however, the investigation is ongoing.

Doucette said some of the stolen items have been recovered and the museums are now in the process of alerting the public and those who donated the items.

Bobbie Petersen, branch secretary at the Ogden Legion, was saddened upon learning of the thefts.

"They have given their all for the general public, the people of Canada," she said of the veterans honoured in the museums.

"It just irritates the hell out of me. I have absolutely no respect for people that have nothing better to do with their time than to go and take from the community."

Military history

The Military Museums aim to serve as a history, heritage, research and educational institution and represent eight separate organizations.

▶ The museums are outfitted with certain theft prevention measures, such as security cameras and sophisticated locks, executive director Tom Doucette said.

1 news

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The CRTC deserves better than to be bullied over Twitter by a cabinet minister. More at metronews.ca/spindoctor

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News in brief

CONTRIBUTED

▶ Ald. Brian Pincott

Sustainability recognized

The City of Calgary has been recognized for renovating the Calgary Public Building to cut back on greenhouse gases and developing Plan It, a three-year vision for land use planning.

Ald. Brian Pincott accepted two awards on behalf of the city at the annual FCM Sustainable Communities Conference in Victoria Tuesday evening. The awards offer national recognition for municipal environmental projects that demonstrate leadership.

METRO

Pickup driver killed in crash

A man is late 50s died after his pickup collided with a gravel truck just before noon yesterday.

The two vehicles were reportedly heading in opposite directions on 144 Avenue and Symons Valley Road NW when the incident occurred. The driver of the pickup became trapped in the crash wreckage and succumbed to his injuries as paramedics attempted to free him.

A cause for the collision has yet to be determined. METRO

Cause determined in zebra death

Results from an inquest have determined that heart and thyroid disease killed a zebra at the Calgary Zoo in December.

The Grevy's zebra was found dead just before Christmas.

METRO

Pound warns of Internet pet sales

A dog was wearing a coat when the purchaser picked him up but took him to a shelter after noticing condition

KATIE TURNER
CALGARY@METRONEWS.CA

CONTRIBUTED

▶ The Calgary Humane Society is hoping Calgarians are exercising caution when purchasing pets over the Internet.

An emaciated puppy is serving as a reminder to pet owners that buying and selling animals over the Internet can be dangerous, according to the Calgary Humane Society.

On Feb. 4, a woman who purchased the puppy online brought the one-year-old bichon cross, covered in burns and bruises to the Humane Society.

Head of protection and investigation at the society, Brad Nichols, said those selling pets online need to be sure they are going to a good home.

"There are people on the Internet looking (for) free animals that they can turn around for a profit," he said. "Put a price on the animal just so you know that the buyer is also putting value on the animal."

He said because buyers can make up names and addresses, they suggest going to the home before hand and checking out the conditions.

Cruelty

- The dog was rated a one out of nine on body scale chart — the lowest rating an animal can get, according to Calgary Humane Society spokesperson Desiree Arsenault.
- He is now eating regularly.
- The Humane Society is trying to track down the second puppy that was sold.

Because the dog was tattooed, the Humane Society has been in contact with the original owner and found out the puppy and his sibling had been sold online previously in October.

Nichols said they are continuing to search for the person who abused and sold the dog.

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Improvements sought for Plus 15 network

59 bridges covering 10 km are in the city's Plus 15 pathway network Pathway developed in late 1960s

JEREMY NOLAIS
@METRONEWS.CA

JEREMY NOLAIS/METRO

▶ A part of the Plus 15 network.

Bolstering Calgary's downtown Plus 15 network will be a hot agenda topic this summer if a local real estate advocacy group has anything to say about it.

The Building Owners and Managers Association of the Greater Calgary Region met with city officials last week and intends to go before a standing committee with proposals to improve the network in July, said Bill Partridge, executive vice-president.

He regards the Plus 15 system, which allows downtown travellers to cross between buildings using a set of enclosed bridges, as "the most extensive, highly developed system of its sort on the continent," but said improvements could be made — namely with security and signage.

"For some people it's a mystery, for others it's fearful and for others it's totally utilitarian," Patridge said. "When you get inside a building, it can be very disorienting."

Andrea Green found herself a little puzzled while trying to navigate between buildings using the Plus 15 yesterday afternoon.

"I think they're great but I find there's not a lot of signage," she said. "That would definitely help."

Patridge could not shed much light on the proposals his group will bring forward this summer but said discussions are ongoing.

"This is going to happen quite quickly," he said.

Chill. Machine

▶ The world's largest mobile rink refrigeration unit, worth $750,000, was at Canadian Tire on MacLeod Trail yesterday.

CAROLINA NOVOTNY/FOR METRO

Ice man Daniel Craig cometh

The Ice Doctor Daniel Craig, the NHL facilities operation manager, has been making ice for 40 years and explained to fans how the 300-tonne rink refrigeration unit works. It will be used later this month for the 2011 Tim Hortons NHL Heritage Classic — an outdoor matchup between the Montreal Canadians and Calgary Flames to be held at McMahon Stadium.

10 The three boys approached last week were all 10 years old.

Man won't face charges

Police have located a man who allegedly approached three boys in Calgary's southeast Feb. 3 but will not be laying charges. The boys reported being approached by a man who offered them money to get inside his truck.

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Skater speeding towards Sochi

Alex Ianculescu officially became a Team Canada junior last week She is seeking donations to cover her training costs and fund her schooling

KATIE TURNER
CALGARY@METRONEWS.CA

On a rare day off from training, 19-year-old speedskater Alex Ianculescu said she didn't know what to do since she wasn't hitting the ice.

Since the age of 10 Ianculescu has been training for her ultimate goal — the 2014 Olympics in Sochi, Russia.

"It's a huge goal but I will do it, because I know what I can do and I know what I'm capable of doing," said Ianculescu, who recently returned from the Junior World Cup in Milwaukee with two silver medals. "I want three Olympics in my career, period."

With her parents both living in Ontario and raising her younger sister, Ianculescu said contributions from Calgarians have helped her to pay her Olympic Oval training fees.

"It's important to have that help because it lets me have that piece of mind, so when I show up at the oval I can do my thing and not worry about, 'OK, I'm $600 short.'"

Ianculescu is now trying to find the funds to start school in the fall at the University of Calgary.

She said no matter the amount of work ahead, she knows she'll reach the Olympics.

"It's really weird in a good way because I wake up every morning and ... I still look forward to it every single morning."

KATIE TURNER/FOR METRO

▶ Alex Ianculescu hopes to balance training and sport on her way to the 2014 Winter Olympics.

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By **Steve Geist**
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Ground copters in rough seas: Report

All 17 people who died on Cougar Flight 491 were alive when the helicopter crashed: Investigator Impact disabled flotation devices

Fatal impact

Key recommendations and findings in the TSB report into the fatal crash of Cougar Flight 491:

- **Flights should not be** allowed over seas that are too rough for a survivable emergency landing.
- **Sikorsky S-92 helicopters** should be able to run dry without lubrication in their main gearboxes for at least 30 minutes.
- **The FAA should look at** extreme environments and decide whether gearboxes should be able to operate for longer than 30 minutes without oil.
- **Emergency air supply** should be on all flights that require survival suits.

A Transportation Safety Board report into a deadly helicopter crash off Newfoundland recommends grounding flights over seas that are too rough for a survivable emergency landing.

Wendy Tadros, the board's chairwoman, said yesterday that all Sikorsky S-92 helicopters should be able to run dry without lubrication in their main gearboxes for at least 30 minutes.

She also said the Federal Aviation Administration in the United States should look at harsh operating environments and decide whether the gearboxes should be able to operate for longer than 30 minutes without oil.

The board had already said that the failure of titanium studs that secured the oil filter bowl assembly to the helicopter's main gearbox caused a loss of oil pressure before Cougar Flight 491 crashed into the North Atlantic on March 12, 2009.

The crash killed 17 people who were on their way to Newfoundland's offshore oilfields.

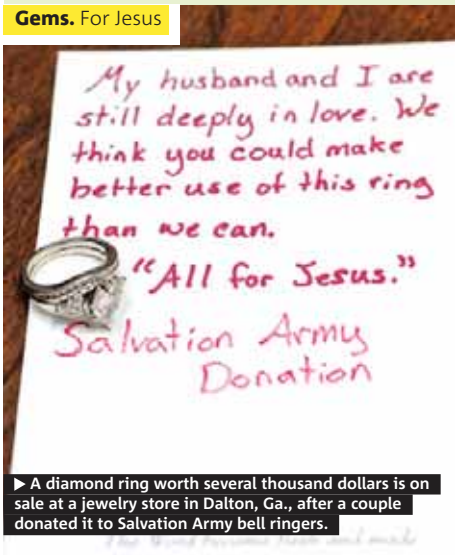
The sole survivor, Robert Decker, was rescued after a narrow escape from the wreckage. He endured 75 minutes on the frigid ocean surface in a leaking survival suit as he waited for help.

Mike Cunningham, who led the investigation for the board, said those who died were alive when the helicopter crashed, and flotation collars meant to keep the aircraft from sinking never deployed.

"If the sea state is too rough for a successful emergency ditching, then a helicopter shouldn't be operating. Period."
WENDY TADROS, CHAIRWOMAN, TRANSPORTATION SAFETY BOARD

The pilots reported a loss of oil pressure in the chopper's main gearbox about 11 minutes before they hit the water. They turned back for land and told passengers they were ditching just before plunging into the sea about 55 kilometres east of St. John's. THE CANADIAN PRESS

Gems. For Jesus


My husband and I are still deeply in love. We think you could make better use of this ring than we can.
"All for Jesus."
Salvation Army Donation

▶ A diamond ring worth several thousand dollars is on sale at a jewelry store in Dalton, Ga., after a couple donated it to Salvation Army bell ringers.

MISTY WATSON/THE ASSOCIATED PRESS

Say it with diamonds

Salvation Army officials are selling one of the more unusual items they collected during their Red Kettle drive: A diamond wedding ring. An unidentified couple approached bell ringers Dec. 22 outside a grocery store in northern Georgia and left the ring. They also left a Christmas card with a note on the back. The ring is on sale at a Dalton jewelry store, where sealed bids are being taken for the next 30 days. It will then be sold to the highest bidder, with proceeds going to support Salvation Army services.

Live Clean
This Year
Cleanse Your Body
Energize Your Life
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• Increases Energy
• Improves Digestion
• Improves Elimination
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• Reduces Risk of Chronic Health Conditions
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FOR MORE INFORMATION VISIT IN-STORE
NatureZone Vitamins
2040 34th Avenue S.W.
Calgary, 403-242-6688

Plant the finance seed, says report

Task force recommends financial literacy for elementary level

SEAN KILPATRICK/THE CANADIAN PRESS

Canadian schools should start teaching children about managing money as early as elementary grades, says a federal task force on financial literacy.

In a report issued yesterday, the blue ribbon panel concluded that many Canadians are ill prepared for a financial world that is becoming increasingly complex by the year.

And it says education, starting as early as elementary school, is the best way to sow the seeds of knowledge and skills Canadians need to save, invest, buy homes and plan for retirement later in life.

"There's a lot of research that suggests that early adoption of this (education) is quite powerful," said Donald Stewart, the task force chair who is also chief executive of Sun Life Financial.

"We would suggest no later than Grade 10, and if you can fit in pieces of it earlier, studies suggest it would be beneficial."

THE CANADIAN PRESS

Cheetah. Love

▶ A female cheetah cub clings to lead keeper Lacey Braun for its daily weighing at the Smithsonian Conservation Biology Institute in Front Royal, Va., yesterday.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

Brother from another mother

Two cubs were born in December to different mothers, and the male cub was placed with the female cub and her mother, Zazi, as female cheetahs don't produce enough milk when only a single cub is present. The male cub weighed in at 10 pounds, and the female at nine pounds.

Woman dies after buttock injection

Police investigating the death of a British woman who received a cosmetic injection in her buttocks at a hotel near Philadelphia's airport say they've questioned a woman they think set up the appointment online.

Police executed a search warrant Tuesday night at the Bergen County, N.J., home of the woman who is not under arrest.

Authorities are still pursuing a second woman they believe performed the procedure.

The British woman became ill and died Tuesday. She and another woman got injections Monday at the Hampton Inn near the airport.

THE ASSOCIATED PRESS

Mom-to-be mistakenly given drug for abortion

A pregnant woman mistakenly given an abortion drug by a pharmacist faces an excruciating wait to find out the fate of her unborn child.

A pharmacist at a Safeway supermarket in Fort Lupton gave Mareena Silva the drug methotrexate last week. The drug, intended for another woman, is used in chemotherapy and to terminate early-stage pregnancies.

Silva, who is six weeks pregnant, told KMGH-TV in Denver that she took a pill and checked the bottle after becoming sick. She was rushed to the hospital.

Doctors say Silva could miscarry or have a baby with birth defects.

THE ASSOCIATED PRESS

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Valentine's Day is Monday, February 14
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Sleepwear and robes, men's underwear, fashion bras and panties
Off our regular prices.
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Men's sleepwear & robes by NAUTICA, JOE BOXER, HUDSON ROOM and JONES NEW YORK* In our sleepwear & robes dept.
Shown: JONES NEW YORK striped pajama REG. $60 SALE $30
Men's underwear by STANFIELD'S, MCGREGOR, NAUTICA and JOE BOXER
Example: JOE BOXER Valentine's boxers REG. $20 TO $22 SALE $10 TO $11
50% OFF
• ALL WOMEN'S BOXED BRAS AND BRIEFS
• DAYWEAR BY ELITA, LA LINGERIE* AND JONES NEW YORK
Women's fashion bras and panties by WONDERBRA, WARNER'S, OLGA, BALI, VALISERE, TRIUMPH*, MAIDENFORM and ESPRIT
Shown: ESPRIT Queen Padded bra REG. $39.50 SALE $19.75
Mini brief REG. $19.50 SALE $9.75
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the Bay
Shop early. Don't be disappointed. No rain checks and no price adjustments. Offers available while quantities last. Selection will vary by store. Cannot be combined with any other offers.
Savings are off our regular prices, unless otherwise specified. See in store for details.

MISSING TWINS

Search shifts to Corsica

The search for missing Swiss twins spread to Corsica and southern Italy yesterday, after authorities confirmed the six-year-old girls were on a ferry to the French island four days before their father apparently killed himself in Italy.

Marseille prosecutor Jacques Dallest said Matthias Kaspar Schepp and his daughters boarded a ferry for Propriano, in Corsica, on Jan. 31, but authorities could not confirm the twins left the boat.

But police in southern Italy interviewed a coffee shop owner who reported seeing a man and his daughters who fit the description of blonde Alessia and Livia sometime last week. The bar is located in the city of Cerignola, where Schepp was found dead Feb. 3. THE ASSOCIATED PRESS

Man walks into train, walks away

An intoxicated man in Saskatoon strolled right into an oncoming train yesterday, but will live to tell about it.

Police say after the Canadian Pacific freight train clipped the 29-year-old, he was able to get up and walk away.

"We got a call from witnesses who observed a gentleman walking down the Canadian Pacific train tracks, actually walking towards the train," said police Sgt. Ted Sperling.

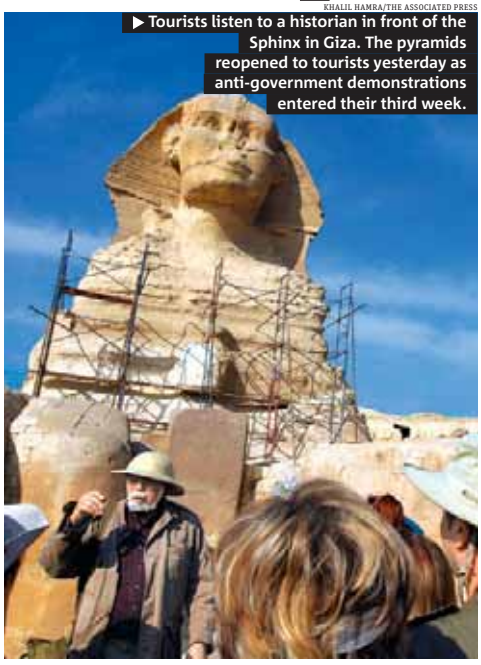
"Witnesses say the train was blowing its horn (but) the rather intoxicated male was paying no attention. The train struck him."

Sperling says the train could not be stopped in time to prevent a collision.

The man was located two blocks away, unaware of what had just happened but complaining of pain. THE CANADIAN PRESS

Government efforts fail to quell protesters

KHALIL HAMRA/THE ASSOCIATED PRESS



▶ Tourists listen to a historian in front of the Sphinx in Giza. The pyramids reopened to tourists yesterday as anti-government demonstrations entered their third week.

◗ Sharp warnings raise prospect of crackdown ◗ VP warns of 'coup'

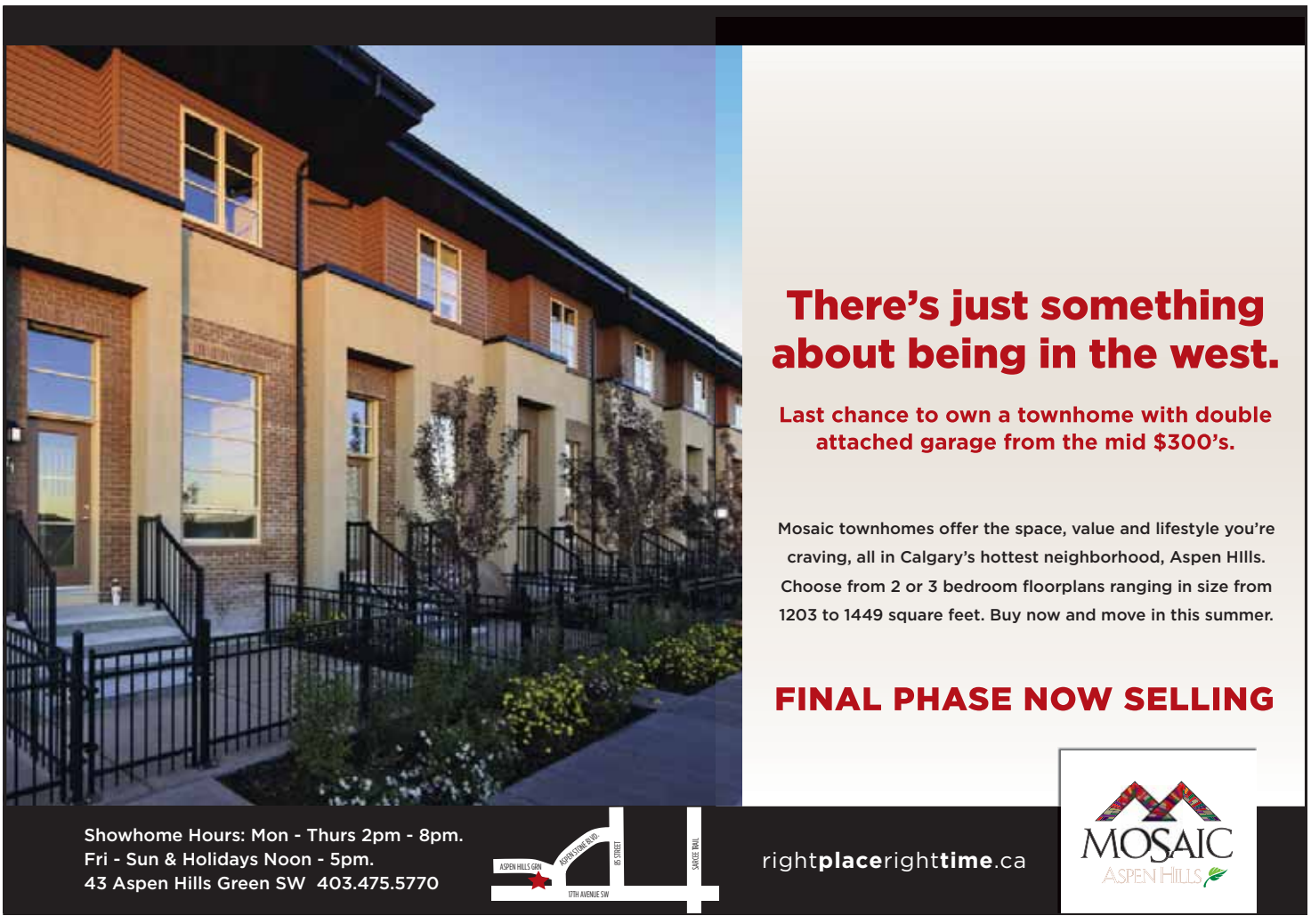
Thousands of state workers and impoverished Egyptians launched strikes and protests around the country yesterday over their economic woes as anti-government activists sought to expand their campaign to oust President Hosni Mubarak despite warnings from the vice-president that protests won't be tolerated much longer.

Some 8,000 protesters, mainly farmers, set barricades of flaming palm trees in the southern province of Assiut, blocking the main highway and railway to Cairo to complain of bread shortages. They then drove off the governor by pelting his van with stones. Hundreds of slum dwellers in the Suez Canal city of Port Said set fire to part of the governor's headquarters in anger over lack of housing.

"We are striking and we will protest and we will not negotiate until Mubarak steps down. Whoever wants to threaten us, then let them do so."

ABDUL-RAHMAN SAMIR, SPOKESMAN FOR A COALITION OF YOUTH GROUPS BEHIND PROTESTS IN CAIRO'S TAHRIR SQUARE.

Efforts by Vice-President Omar Suleiman to open a dialogue with protesters over reforms have broken down since the weekend, with youth organizers of the movement deeply suspicious that he plans only superficial changes far short of real democracy. THE ASSOCIATED PRESS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Guergis still wants answers

MP promises to put all the information she receives about the allegations about her out in the open

The birth of Helena Guergis's baby boy in December seemed like the joyous end to a terrible year, an opportunity to move past the allegations that cost her a cabinet post and the Conservative nomination in her riding.

But little Zavier's arrival has only strengthened the independent Conservative MP's resolve to get answers about what happened last spring.

"I still plan on running as an independent Conservative in the next election, and it just makes me realize that there's still this cloud," said Guergis, former minister of state for the status of women.

Prime Minister Stephen Harper removed her from cabinet and caucus last April saying he had gotten wind of troubling allegations and had referred the matter to the RCMP. Guergis's husband, former Conservative MP Rahim Jaffer, was also under scrutiny for his relationship with a Toronto businessman. The RCMP closed the file on both Guergis and Jaffer in July, and no charges were laid.

HO/THE CANADIAN PRESS

"The accuser is in control of the evidence, and also the judge and jury in this case. Very interesting."
HELENA GUERGIS

Guergis has now taken steps to find out more about the allegations. She put in a formal Privacy Act request for her file at the RCMP in August. Through that, she has discovered that information about her originated from four federal departments before it was sent to the Mounties, but she does not know which ones.

She says she's doubtful she will get much information after delays in the release of the file. "I know the control the government has over them," she said. THE CANADIAN PRESS

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Oil	Gold	Dollar
– 108.22 13,784.30	– $0.23 ($86.71 US)	+ $1.40 US ($1,365.50)	+ 0.07¢ ($100.61 US)

TSX boss feels on top of the world

Kloet says linkup with London will 'redefine the global exchange business' But Industry Minister Tony Clement urges caution

Call it a world-beating win-win situation.

A transatlantic union between the biggest stock exchanges in Canada and Britain will create a new force in global finance, the head of the Toronto Stock Exchange said yesterday.

The linkup between TMX Group and the London Stock Exchange will "redefine the global exchange business," chief executive Thomas Kloet added.

But even as the Canadian and British operators planned to join hands, officials at stock exchange operators in New York and Germany announced their own merger talks.

NYSE Euronext and Deutsche Boerse AG said there's no definite deal, but the combination could set up a powerful rivalry between two stock market giants, each with a foot on two continents.

The merger activities continue a years-long trend that has seen smaller regional and national securities markets and commodities markets join together in response to the global nature of their industries.

Meanwhile, Industry Minister Tony Clement said his department will look at the deal to see whether it requires an official review to determine if it's good for Canada — like the one last year in which Clement stopped the $38.6-billion US takeover of fertilizer company PotashCorp by mining giant BHP Billiton.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Xavier Rolet, left, CEO of the London Stock Exchange, shakes hands with Toronto's Thomas Kloet yesterday at a news conference in Toronto.

News in brief

App to help you confess

CONTRITION. Got sins? A new app for the iPhone and the iPad seeks to help Catholics prepare for confession, that sacred ritual of seeking penance for sins big and small.

The $1.99 app then guides you through contrition and offers sample text you can tell a real-life priest. THE ASSOCIATED PRESS

Palm unveils its tablet

TECHNOLOGY. Smartphone pioneer Palm is releasing its first tablet computer, the TouchPad.

Palm unveiled the device yesterday at a media event in San Francisco.

THE ASSOCIATED PRESS

Drinks to get clearer labels

CALORIE COUNTS. It's soon going to be easier to know how many calories you're consuming when you sip a soft drink as a result of an initiative by Canadian non-alcoholic beverage companies.

The calorie count will be moved to the front of cans and bottles from the back, and full serving details will be provided on standardized labels. The initiative is called Clear on Calories.

THE CANADIAN PRESS

Fight brewing over coal-fired plant?

A fight could be brewing between TransAlta Corp. and TransCanada Corp. over the shut-down of part of the Sundance coal-fired power plant in Alberta, according to one analyst.

TransAlta, which operates the plant west of Edmonton, took the units out of service temporarily for testing in mid-December. On Monday, it said they cannot be repaired economically and must be shut down permanently — ending a power purchase agreement with TransCanada about six years before it was to end.

"TransCanada has not received any information that would validate TransAlta's determination that the units cannot be economically restored to service," TransCanada said in a statement.

TransCanada said yesterday it has 10 days to decide whether to dispute TransAlta's contention that the Sundance units can't be fixed.

"If TransCanada disputes TransAlta's determination, the issue will be resolved using the dispute resolution procedure under the terms of the PPA." TransCanada stands to lose the rights to 560 megawatts of power from Sundance.

THE CANADIAN PRESS

Power plant

- **Sundance** 1 was originally commissioned in 1970 and Sundance 2 in 1973.
- **Large** The two Sundance units have about one-quarter of the generation capacity of Alberta's largest power plant, about 70 kilometres west of Edmonton.

Is Something Not Quite Right?

NAPLS

Do You:
- Feel suspicious or paranoid?
- Get confused about what is real or imaginary?
- Have trouble concentrating or thinking clearly?
- Have problems with social activities, school or work?
- Hear sounds or voices that aren't really there?
- Have trouble communicating clearly?
- Feel that you are not in control of your own thoughts?
- See things that aren't really there?

If you have any of these symptoms and are between 12 and 30 years of age, you may be eligible to participate in the NAPLS study.

The NAPLS study is trying to learn more about what happens biologically and clinically when a person develops a psychotic disorder. Changes in mood, thinking and behavior may be the early signs that you or someone you know are at risk for psychosis.

If you are eligible for NAPLS, participating in this study will give you the opportunity to receive extensive mental health assessments and brain imaging.

Hotchkiss Brain Institute

For more information contact us at:
403-210-8740 or napls@ucalgary.ca

This study has been approved by the Conjoint Health Research Ethics Board (Ethics ID: 22020)

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metro life panel

RUN OVER BY A STREETCAR NAMED DESIRE

He says ...

JOHN MAZEROLLE

Pucker up, lovebirds! (Can birds pucker?)

It's time for Valentine's Day, that love-laden event where, like surgeons, we exchange hearts and hope no blood is spilled. Ever since some guy named Valentine got beaten and lost his head during a time of persecution, we've been celebrating the obvious tie-in with relationships.

It sort of makes you think.

In my case, my feelings toward the day have run as hot and cold as any Harlequin romance.

I hated Valentine's Day when I was young and unlucky in love, replaying every failed relationship in my mind over and over like a little Zapruder film, trying to decipher exactly what happened.

I loved Valentine's Day when I was engaged to be married, my love life as overflowing as Pamela Anderson in a "C" cup (you see how romance and poetry permeated every fibre of my being).

Now that I'm divorced, it would be fair to assume I hate the day again, ready to tell the world where it can put Cupid's arrow.

But you would be wrong. Mostly, I feel nothing — not jaded, joyless nothing, just nothing. I feel like I've been through enough in my life that no day can instruct me how to feel, good or ill.

I remember crushing on Nicole Boudreau in Grade 4 and changing the words of Christmas In Killarney so it went, "It's nice, you know, to kiss Boudreau, while cuddling under the mistletoe."

"... my feelings toward (Valentine's Day) have run as hot and cold as any Harlequin romance."

I remember my first love with Julie, a relationship so overwrought with tender, naive passion that Justin Bieber would have gagged.

I remember getting so infatuated with Cora in my early 20s that every song on the radio had added romantic weight, even if it was a jingle about toilet bowl cleaner.

I remember kissing my future wife in the rain.

And that's just the positive stuff. I've been run over by the streetcar named desire more times than I can count. I've been single, taken, engaged, married, divorced, exalted, ecstatic and enraged.

I'm not unique, by any means. But the day seems irrelevant to me. Valentine's Day can't move me or hurt me any more than Halloween can scare me or Labour Day can convince me to get a union card.

I'm just glad to know that there will be more times in my life — day unknown — when I'll go sappy, lose sleep, lose weight, feel sick to my stomach, and be scared. After all, that's what true happiness is about.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Penny for your thoughts

Letters & Tweets

Finance Minister Jim Flaherty spoke darkly on the penny's future this week and the coin's days appear numbered. Surely, the first currency most of us ever saved enough to roll deserves a warm send-off, so we asked you for your obituaries and tributes.

@lexiebexson: Due to cutbacks in the economy, the penny is now pennyless. It's been nickel-and-dimed to death.

@wilcre: Pennies, they corroded their way in. Now oxidized from us, rest my friend, you won't be forgotten for the next "DOT," 1858–?

@chelsea_mac1: The penny will be missed by all. Specifically by stores that will no longer be able to use $0.99 as their pricing strategies.

@toothpickgirl: RIP penny — you had great cents.

@stevehalifax: I guess the price of a "thought" jumps to five cents now!

@trevorboller: Canada loses all intelligence due to no more penny for your thoughts.

And here are a few dissenters, for whom the penny will be anything but missed.

@go2plan_b: Personally, I'll be glad to be rid of the penny.

@dev0kan: Good riddance. Pennies smell bad and cost more to make than the $0.01 that they're worth.

You had great cents

THE CANADIAN PRESS FILE

What's your Friday ritual to unwind from the week?

Email
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Metro Minute at word performance

Tubby Dog aims to prove it is about more than just serving up wieners covered in unorthodox condiments tonight with its Punchy As F*^k event.

Billed as "a night of swaggering, powerful and insightful word performance," the event will feature the musings of Andrew Mah, Angela Dillon, Anh Chu, Heather Setka, Ian Doig and Roberta McDonald. The evening's themes will focus on examining the violence we do to ourselves and others.

The event is scheduled to get underway at 7 p.m. More information is available by calling 403-244-0694 or visiting tbdilt.ca.

Tubby Dog is located at 103–1022 17th Ave. SW.

METRO

CONTRIBUTED

▶ Tubby Dog will be the venue for the Punchy As F*^k word performance event this evening.

2 scene

Scene in brief

The Gay & Lesbian Alliance Against Defamation is honouring Ricky Martin and Kristin Chenoweth. The organization announced yesterday that Martin will receive the Vito Russo Award at GLAAD's 22nd annual Media Awards on March 19 in New York City. The award is presented to an openly LGBT media professional who made a significant difference in promoting equal rights.
THE ASSOCIATED PRESS

Elvis Presley Enterprises sues for copyright infringement, illegal sale of box set

Get your fill of Oscar shorts

- Pair of animated shorts up for Oscars premiere at Reel Fun Film Festival
- Festival has 28 films for audiences to check out from Feb. 21 to 27

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

Just when you thought award season was finally wrapping up, there's still a few red carpets to get through. One of them is that little production called the Academy Awards, and this year, two films nominated for Best Animated Short Film are premiering in Alberta through this year's Reel Fun Film Festival. The Gruffalo and The Lost Thing are among the 28 films being presented at the festival, now in its fifth year. Out of that line-up, four are Alberta premieres, and six are Canadian firsts.

Whether you have kids in the family or are just a big kid at heart, these critically-acclaimed short films give any full length uber-celeb-voiced-over production a run for its money. The Gruffalo tells a survival-of-the-wittiest tale in less than half an hour. You might even get away with watching the whole flick without feeling the urge to check your text messages. The film is adapted from the wildly successful children's book of the same name that has been dubbed a modern classic.

The Lost Thing is more my speed. It's the other film up for an Oscar that's premiering in Alberta. In 15-minutes, the parallelisms of a young child trying to have his voice heard in a bustling metropolitan aren't lost on me. After he finds a bizarre looking creature on the beach, he relentlessly tries to find a place for it. This succinct story leaves you introspective and curious — it's no wonder it took over three years to produce.

Branded as Canada's only family-focused film festival, Reel Fun Film Festival runs from Feb. 21 to 27. The festival opens at the Cardel Theatre (Cardel Homes 180 Quarry Park Blvd. SE) and starts at 10 a.m. on Family Day. Other venues around the city also feature screenings twice a day, with a special screening of the silent film The General at The Plaza Theatre on Feb. 26. For complete show listings and previews, head over to reelfunfilmfest.com.

Each week Metro takes you backstage with some of the biggest event personalities and talent this city has to offer. Join the conversation on Twitter with @mediamindjen or to submit an upcoming event email: entertainmentcalgary@metro.ca.

More info

- Tickets range from a $30 family pass to $5 individual screening. Films are geared for everyone, from kids to grandparents. Shows are spread out among three venues.

FLICKR: DARK_MEPHI

▶ Rumba time.

Shake your money maker

Spice things up outside the bedroom this Valentine's Day. Heaven's Fitness is offering a little introduction to the sensual rumba dance.

The only catch is you have to have a partner, whether it's your mate or a good friend. Hey guys — this could make an interesting first date. But let's be serious for a second. You probably don't want your partner seeing you as a sweaty mess. Not to worry, resident rumba instructor Cathy Morrison tip toes you through the steps during this 90-minute session. Go to heavensfitness.com for more information.
JENNIFER LARAWAY

Girl talk gets a dirty lesson

No, it's not a scene reminiscent of the pleasure class the girls on Sex and The City took, but it will still teach you a thing or two about his and her naughty parts. GirlTalk Talks Dirty comes to Calgary on Friday at 7 p.m.

Ask the questions you've always been too shy to ask. Patty Thille, a sex educator with six years experience working with the award-winning book and sex shop Venus Envy has moved to Calgary, and she brought her years of workshop experience with her. She has teamed up with Calgary Sexual Health Centre (304, 301-14 St NW) to host an evening designed to educate and entertain.
JENNIFER LARAWAY

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MOSAIC ASPEN

IT'S SEXY CANADA!

CANADIANS AREN'T DULLARDS WHEN IT COMES TO SEXUALITY

So says Dr. David McKenzie, a Vancouver-based couples counsellor and sex therapist – and that's especially true if you live in British Columbia. The province is considered to be more sexually open compared to Ontario, for example, where the industrious and somewhat uptight profile of the province is likely reflected in the boudoir as well!

"Sex never stands alone. It's always connected to other issues, both within ourselves and within relationships," says Dr. McKenzie. "So if you're going to have a more liberal and open person politically and otherwise, you're going to find that person on the whole to be more open too."

McKenzie says B.C. tends to be the adventuresome 'frontier land' of Canada. "Vancouver attracts a lot of people who want a more laid-back, recreational lifestyle."

Other regional personalities in Canada that he has noted: the Maritimes tends to be community-oriented with friendly down-to-earth people; Quebec is the passionate province; the Prairies are a friendly place; and Alberta is a very conservative province... with a more conservative attitude sexually.

In general, Canadians of all ages embrace sexuality. McKenzie cites a recent study by Eli Lily that shows couples in their 50s and 60s want more robust sex lives – they're looking for more adventure.

At the same time, Alexander McKay, research coordinator for the Sex Information and Education Council of Canada, says Canadian youth in particular have become more educated about sexuality. Younger people are increasingly savvy about their sexual health compared to past generations. They're more likely to use condoms and less likely to get pregnant then their parents were.

"All of it is part of the gradual liberalization of Canadian society around the issue of sexuality." McKay says youth in general are feeling more comfortable talking with friends and health professionals about sexuality and sexual health. Sex education has improved in some schools, and the internet has provided a way for every person to access information that is specifically suited to their own needs.

BEHIND CLOSED DOORS

McKay cautions that many Canadians are blissfully unaware about sexual health. He says people in their 20s, 30s and people who are newly single, are ignorant about things like sexually transmitted infection, and put themselves at risk.

Consistent condom use helps to reduce the risk of infections such as HIV, Chlamydia, genital herpes and HPV. Unfortunately, condom use declines with age.

"Some people stop using condoms when they are in a relationship. But most of us have more than one relationship over the years. If you stop using condoms in each relationship that equals unprotected sex with a number of different partners and increases the risk for getting a sexually transmitted infection."

DIGITAL DATING

If it hadn't been for an online dating site, the two worlds of Edward, 44, and Suzanne, 38, would never have collided.

Today, five years later, the Scarborough electrician and the Mississauga schoolteacher are married with two small children. Life together is good, although Suzanne is a little embarrassed to admit meeting online.

She needn't be – millions of people exchange messages on dating sites every day and countless long-term relationships and marriages occur as a result. In fact, a 2005 UK survey found that relationships that begin on dating sites, and continue offline last as long as those started in more traditional ways.

"The perception of online dating has changed dramatically since the early days, and the stigma is disappearing," says Kim Hughes, singles and dating expert for Lavalife.

Partly it's the success stories, like Suzanne and Edward. But technology deserves some of the credit. With internal email and voice systems, identities are protected "until you decide to give it," Hughes says.

With the explosion in internet use, and 24/7 access to sites, doors have opened to communities one wouldn't otherwise meet due to geographical or occupational differences.

Success depends on how well you craft a profile, and what your expectations are, says Hughes. Her advice is to "know your core values, but be fluid on everything else."

Occasionally, people meet someone special very fast, but usually it takes a while, with six months being a "good baseline," Hughes says.

The choice is wide – general online dating through Lavalife, Match.com, FriendFinder, and more detailed services through sites like eHarmony, and Chemistry.com.

Niche dating sites help connect individuals with common outlooks -- Christiancafe.com, Jewishcafe, Buddhistpassions, Senior Match, Green Friends. And other sites – like Facebook and MeetUp – connect individuals with like-minded groups, which can then go on to organize facetime meetings.

Though some sites are free, most charge from $20 to $60 a month. Generally, the cost reflects the security and service with some conducting background checks, or matching people through detailed questionnaires.

sexcetera
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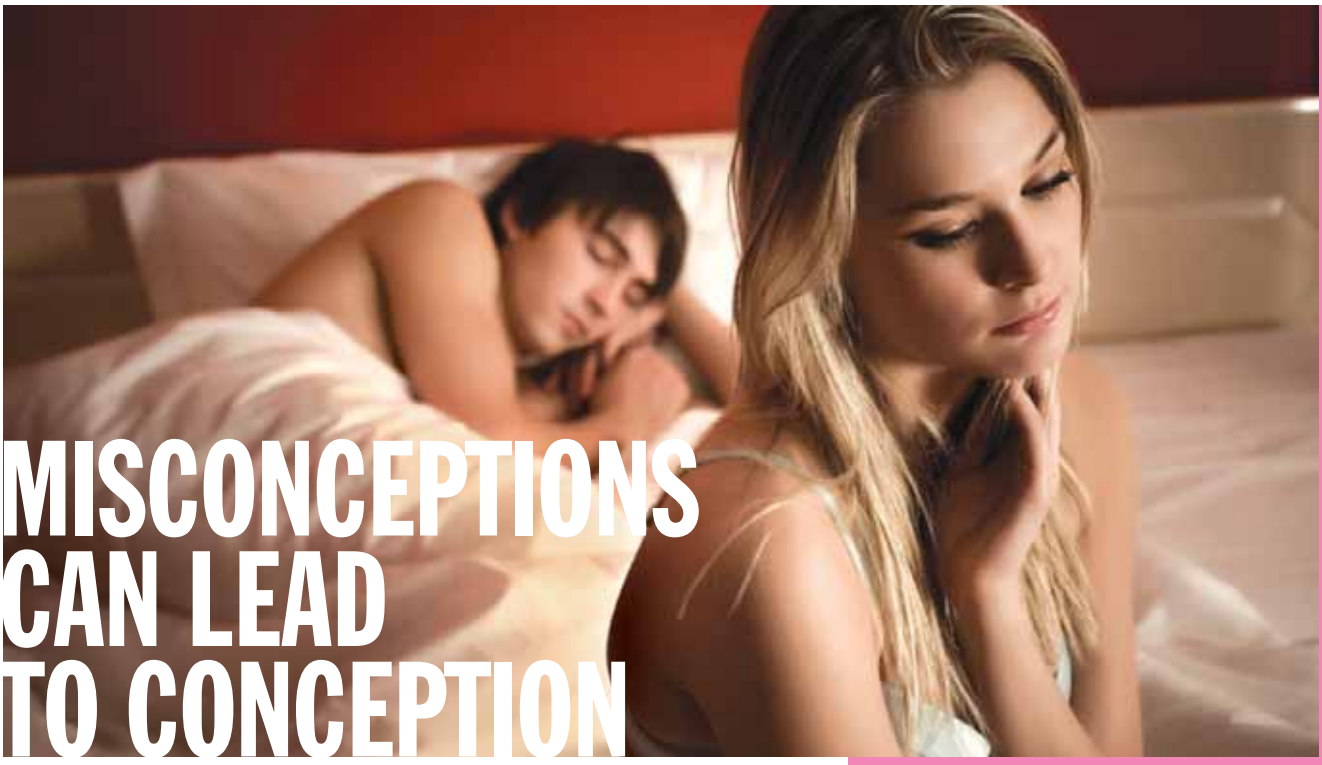

MISCONCEPTIONS CAN LEAD TO CONCEPTION

THERE ARE MANY METHODS OF CONTRA-CEPTION

and all of them, in a split-second, can fail.

Not to sound grim, but that's a fact. It could be as simple as missing a few birth-control pills. It could come down to a broken condom, or one that just slipped off. Maybe you forgot to insert your diaphragm? Anyone could make these mistakes, and lots of smart people do, every day.

But maybe all this seems moot? Maybe you're the type to plan ahead—someone who knows your own body and when you're most likely to get pregnant? Don't be so sure. People talk about a 'safe time of the month,' but it's hard to measure that precisely. Many women don't have regular periods anyway, particularly when they're stressed. Remember, too, that sperm can live up to seven days, so even if you hadn't ovulated when you had sex, the sperm could still fertilize the egg afterwards. You don't want uncertainty at a time like this.

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Like any form of contraception, plan B®, the "morning after pill", isn't right for everyone, so make sure to talk to your doctor and pharmacist about the drug. In the meantime, you can test your knowledge with this true or false quiz:

"PLAN B® HAS NO EFFECT ON MY LONG-TERM FERTILITY." – TRUE

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"IT'S UNSAFE TO TAKE PLAN B® MORE THAN ONCE." – FALSE

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"I NEED TO SEE MY DOCTOR TO GET PLAN B®." – FALSE

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If you need plan B®, it isn't hard to find. No need to go see a doctor, just head to your local pharmacy. The "morning after pill" is available across Canada, and in most provinces, it can be purchased over the counter. Look for it under Birth Control, Contraceptives, Feminine Hygiene, or Family Planning. If you live in Saskatchewan, plan B® is kept behind the counter. And if you're purchasing it in Quebec, you'll need a prescription from your pharmacist. Pretty simple.

Did you know that forgetting two birth control pills can matter?

Misconceptions can lead to conception. More often than you might think, unwanted pregnancies happen because we don't have all the facts. Or, if we do have the facts, we sometimes kid ourselves they don't apply to us. If you've had unprotected sex or a contraceptive accident, you are at risk of an unwanted pregnancy – so don't wait till it's too late. It's only human to put off decisions or tell ourselves that everything's fine. But if you wait for your next period, you may have a much bigger decision to make.

plan B® gives you another option. It's the morning-after pill that acts before fertilization by temporarily stopping the release of an egg from the ovary. You can take it up to 72 hours after intercourse; but the sooner you take it, the more effective it is.

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plan B® is an emergency contraceptive. It is not recommended for routine use as a contraceptive. It does not protect against HIV/AIDS and other STDs. This product may not be right for you. Always read and follow label directions.

* Except Saskatchewan, where it is available at the pharmacy counter.
† Except Quebec, where a pharmacist's prescription is required.

ASK THE EXPERT

TAKE STOCK OF YOUR RELATIONSHIP

Whether you're with a long-time partner or have a brand new lover, this is a great time of year to take stock of your relationship. We posed a few common questions of the heart to an expert in the field – Dr. Laurie Betito, a Montreal psychologist with a specialty in sex therapy.

WHY ARE SO MANY PEOPLE INVOLVED IN ON-AGAIN, OFF-AGAIN RELATIONSHIPS?

The main reason is that couples don't address the problems in their relationship, so it becomes a vicious cycle. "Couples break up for a reason, then get back together; there's a honeymoon phase, then the same issues come up, and then they break up again," says Betito. They may fear being alone or simply miss the great sex. "They may be nostalgic for the good stuff," says Betito. "They forget the negatives and what led to the breakup and only remember the good times."

Older people tend to have fewer on-again, off-again relationships. "Our expectations of a relationship are completely difference when we're 50 than when we're 20," says Betito. "We're much more realistic when we're older; we know what we want and we're better able to communicate that."

HOW LONG SHOULD YOU WAIT BETWEEN RELATIONSHIPS – AND WHY?

Everyone grieves differently and at a different pace, but if you tend to hop into a relationship immediately after ending one, or start dating someone new even before breaking up with someone else, you should examine this rebound tendency. "Ask yourself: Why do I always need to be with someone? Why can I not be happy alone?" says Betito, "This kind of pattern doesn't give you a chance to figure out what went wrong, and to learn from it."

It may be different in the case of a divorce, especially if it's being dragged through the courts. "It would be nice if you waited until the divorce was final to start a new relationship – in this case, I think a year is reasonable – but sometimes the timing is out of your hands," says Betito.

HOW MUCH SHOULD YOU TELL A NEW LOVER ABOUT PAST RELATIONSHIPS?

That depends on a number of factors. For example, a woman would want to know that a prospective partner has cheated on every person he's ever been with, says Betito. "She may also want to know that he's bisexual or has an STI - not chlamydia, which is curable, when he was 18 years old, but if he has herpes or HIV." That said, information about past relationships is not something a woman – or a guy for that matter - wants to lay out during the first meeting, she says. "You wait and see if there's a potential relationship here, if this new person is someone you want to open yourself up to."

These days, it's not unusual for even relatively young people to have had several significant past relationships, even several marriages. "There's the whole notion of the starter marriage followed by the marriage that produces children and then a third marriage later in life, possibly after a divorce or widowhood," says Betito.

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THE FIRST KISS

"It was Labour Day weekend and a bunch of friends from high school had met for drinks in the lakeside bar of the old Red Pines Hotel, before heading back to university," says Christine. She had been smitten with one of the guys — Christopher — for years, but they had never dated. "Somehow the two of us ended up walking along the shore of Kenogami Lake. There was a full harvest moon — it was all very romantic." Before long they were holding hands, then they stopped and shared a kiss. "That was it," she says, "then we were together."

KISMET FROM THE GET GO

"Right from when I saw her walk by the dance club on a ship in the Caribbean," Tyler says he knew he would propose to Heather sometime. "I didn't see her for another three or four days — luckily we were on a 10-day cruise." She was living in Miami and dating someone else back then and, as Tyler says, "I was just some random guy in a bar." But, he adds, "I'm persistent and I have a pretty charming personality so…" About seven months later, Heather moved to Ontario and in with Tyler. "If things are meant to be, they're meant to be," he says.

David among Goliaths

Arcade Fire find themselves going up against giant acts at Grammy's
Bookies see their odds improving

HANDOUT/THE ASSOCIATED PRESS

▶ Arcade Fire will be competing against the likes of Eminem and Lady Gaga for album of the year at this weekend's Grammy Awards.

It's certainly been a while since the Arcade Fire has been cast as the underdog.

The Montreal rockers' third album, The Suburbs, surfed a tide of critical superlatives to hit No. 1 on the chart in countries around the world upon its release last summer. Headlining gigs at Madison Square Garden followed, as well as a memorable performance on Saturday Night Live and the announcement of more high-profile gigs, including a marquee spot at this spring's Coachella Festival.

The little band that could suddenly didn't seem so little. Three nominations at this weekend's Grammys followed, including a nod for the evening's top prize: album of the year.

However, up against the likes of leading nominee Eminem, Katy Perry, Lady Gaga and country stars Lady Antebellum, Arcade Fire once again look every bit the upstart challenger — the David among Goliaths, as Entertainment Weekly called them in a recent issue.

But the band isn't having it.

They think they have a shot at winning.

"We definitely have a chance," said multi-instrumentalist Will Butler in a recent telephone interview.

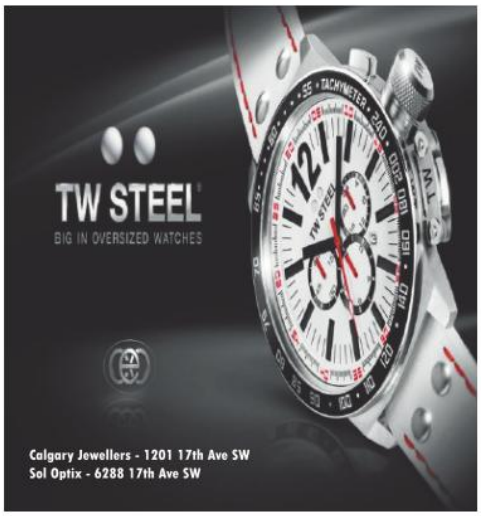
"I actually looked at the London bookie numbers and we have nine-to-two odds of winning.

"They take their gambling pretty seriously. I checked when we were first nominated and we had a 10-to-one shot. I guess we're on the move."

That has certainly been the case for the past year, one in which Arcade Fire cemented its status as one of the top rock bands in the world.

For the record, as of Tuesday, Sportsbook.com listed Arcade Fire as having a four-to-one shot at claiming the album of the year award, tied with Gaga. Eminem, the evening's top nominee with 10 nods, is the favourite.

THE CANADIAN PRESS



His daughter is walking the line

Nominated for a Grammy, Rosanne Cash speaks about her legendary father, the huge popularity of The List

MAYA HITIJ/THE ASSOCIATED PRESS

▶ Singer Rosanne Cash performs in Berlin, Germany

With a bestselling memoir and an album that never seemed to stop resonating with fans, Rosanne Cash celebrated the end of 2010 with a long break full of restful sleep.

This year seems no better, though. She's up for a Grammy Award for The List, her tribute to her iconic father, Johnny Cash; she's writing songs with Rhett Miller of the Old 97's, Joe Henry and by herself in anticipation of a new album; and she'll join Henry and Billy Bragg in the studio in March for another new project.

She's also planning to tour this year and is taking notes for a follow-up to her highly regarded memoir, Composed, which earned spots on the best of lists of Publisher's Weekly, Kirkus Reviews and Amazon.com.

"So I still have a lot of work ahead of me," Cash said. "I'm looking for more sleep. Maybe in 2012."

Did the enduring success of The List, your recording of your father's list to you of must-listen-to songs, catch you off-guard?

It did. I'm certainly not a big radio artist. In fact, it's hard to garner a lot of radio play for anybody working in my genre at my age. So I knew I couldn't count on that. So then it's, how do I sell this record without a lot of radio play, and it was a challenge for the marketing team to figure out how to present it. But there was a great back story to it and people were interested, and there was more interest in The List than I expected. I thought, 'Oh, this will be a quiet thing and some people will appreciate it.' It did very well, and it was satisfying to me, but I have to admit truthfully, it was a little jarring that I felt like my biggest success in a long time are songs that I didn't write. It shook me a little bit.

Have you made plans to release the entire list to the public?

No, I haven't and I'm not ready to. So much of my dad has been co-opted by the public and this was such a personal thing to me. And I'm just not ready to post it on the Internet or something, you know what I mean? I want to hang on to it for a little while. ... Eventually it should be archived properly, but right now it's mine.

Do you plan to cull another album from the list?

Yeah, I think so. There's certainly a wealth of material and it makes sense. People ask me about that all the time. So I think I would.

Your memoir was very well received. Do your writing ideas come from the same place as your songwriting ideas?

Oh, sure. And if I were a painter it would come from the same place, or a ballet dancer. I think that creative impulse can have a lot of different mediums.

Is it easier to share personal things because you've done it for decades in song?

Cash: That was a different experience as far as revelation or the feeling of revelation, anyway, because in songs, even though people think my songs are all confessional, they're not really. I know where I took poetic license. And there was certainly no fact checker at the end of the songs. But writing in the book I did feel a responsibility to the facts as I remember them.

THE ASSOCIATED PRESS

No revenge, but Helms is a nerd

Funny man Ed Helms on his first role as a leading man • Tells why he likes to play nerds (hint: he is one)

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

Ed Helms would have you believe that he's nothing like the sweetly innocent nerds he's played in The Hangover, The Office and most recently in Miguel Arteta's Cedar Rapids. But as he gets settled into a hotel room on New York's Fifth Avenue, jumping up to open all the shades to let sunlight in, it's obvious that he's every bit the loveable geek that he plays on the big and small screens.

"I had a heart condition as a teenager and my doctor was like, 'If you ever do cocaine, you could die,' so that instantly sealed my fate as a nerd," says Helms.

He's referencing a scene in Cedar Rapids where as button-up insurance agent Tim Lippe, he finds himself at a backwoods meth party. Tim's an earnest, sheltered man whose trip to an insurance convention in the titular location is nothing short of an emotional and intellectual awakening. It's that unworldly naivety that draws Helms to these sorts of characters.

"I am a genuinely naïve person," Helms says sarcastically. "No, I don't think I mean as much as Tim Lippe, although I wish I did more often. But I envy that idealism and optimism. Tim has such faith in people and most of us who have been around for a while have lost a bit of that."

But is the real Ed Helms anything like, say, his character Andy "Nard-dog" Bernard from The Office? The two share a love of a capella, after all.

"Oh you're trying to get at me, like who am I compared to these guys?" he asks. "Well I think like a lot of people, I try to do the right thing most of the time but I mess up a hell of a lot and maybe sometimes I don't try hard enough."

HANDOUT

▶ There is no denying it — Ed Helms is a nerd.

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Aniston insists she is very happy

Jennifer Aniston says she's well aware of what people's biggest misconception of her is — that she is somehow unhappy.

"That I'm unhappy. I'm really happy. Really," she tells People magazine.

The former Friends star is getting a little tired of the public's expectations for her personal life.

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," she says.

"And I just want to say, 'Everybody, relax! It's going to happen.'"

METRO

"I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen"
JENNIFER ANISTON

Miley dating her latest co-star?

Miley Cyrus is reportedly getting close with her latest co-star, actor and former rugby player Josh Bowman, who previously dated Amy Winehouse, according to People magazine.

"They're definitely dating. It's legit," a source says, though another source close to the former Hannah Montana star begs to differ.

"Miley is single. They're not dating. They're just friends." METRO

"They're definitely dating. It's legit"
SOURCE

Celebrity tweets

Howard Stern [@Howard-Stern] I'm liking twitter. Just filed the papers to divorce my face book.

Stephen Fry [@stephen-fry] Amazing how many of you failed to see the letter "i" in the word recital.... tsk tsk

Sandra Bernhard [@Sandra-Bernhard] up in london press day, might swing by manolo blahnik and say hi to kids. nab a pair of heels duckey!

Tom Arnold [@Tom-Arnold] Enough piling on...I think it's time we leave @lindsaylohan alone!

METRO

Perry looking for marriage counsellor

PEOPLE Katy Perry is enjoying success as a singer at the moment, but she says her marriage to Russell Brand takes precedence.

"I think some people will die on the stage, and I'm not so sure I want to do that. Like, I want to have kids," Perry tells Elle magazine.

"I'm totally fine with saying that. I think some people are scared because they're worried it's going to ruin their career, but I want to live a full life."

But first, she and her new husband may have some issues to address, according to a source who tells Life & Style that Perry "started asking friends to recommend a marriage counsellor" while planning for her upcoming tour.

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3 life

New York Fashion Week kicks off today, igniting a calendar of garment-geared events throughout the world ◆ Get to know some of the dames you'll be dealing with as the month-long fashion onslaught begins

A guide to fashion's five ferocious tribes

KENYA HUNT
METRO WORLD NEWS

The connection

THE PUBLICISTS: (Kelly Cutrone)

Having dinner at Da Giacomo in Milan, aka the fashion cafeteria

THE EDITORS: (Robin Givhan)

Front row at the Marc Jacobs show in New York

A showroom appointment to "re-see" that Celine collection in Paris

THE BUYERS: (Yasmin Sewell)

Jewellery made to inspire her beyond Valentine's Day.

CONTRIBUTED

▶ Tavi

THE BLOGGERATI

Most popular members: Bryanboy, Tavi, Garance Doré, Jak & Jil's Tommy Ton, Hanneli Mustaparta
Key traits: A fun-loving crew, the bloggers are like one big group of friends rather than competitors. They're the ones who are actually smiling and having fun at the shows, partly because they're just happy to be there.
Where to spot them: On the street waiting for a show to end or in the front row.
Tribes-within-a-tribe: The street-style bloggers, who take pictures of others, versus the personal-style bloggers, who take pictures of themselves.

MAURIZIO MAULE

▶ Anna Wintour

THE EDITRIXES

Most popular members: Anna Wintour, Franca Sozzani, Suzy Menkes, Cathy Horyn, Robin Givhan, Anna dello Russo
Key traits: The designers set the trends, but these powerful women influence whether or not everyday shoppers will buy them.
Where to spot them: Sitting expressionless at the centre of the front row, usually being interviewed, videotaped and photographed by a throng of reporters and cameramen.
Tribes-within-a-tribe: The magazine editors wield a different kind of power from the newspaper writers, and there isn't a whole lot of mixing between the two.

GETTY IMAGES

▶ Lindsey Wixson

THE RUNWAY STARS

Most popular members: Freja Beha Erichsen, Karlie Kloss, Joan Smalls, Rose Cordero and Lindsey Wixson
Key traits: They're the impossibly tall, leggy peripatetic creatures travelling in twos and threes between shows with their runway hair and makeup still on.
Where to spot them: Running out of the backstage entrance at any show venue into a taxi or chauffeured car.
Tribes-within-a-tribe: There are the girls of the moment (the models who walk in every show and star in the big ad campaigns) and then there are the new arrivals, the young, new-on-the-scene girls who are hoping to get there.

GETTY IMAGES

▶ Natalie Massanet

THE RETAIL QUEENS

Most popular members: Net-A-Porter Natalie Massenet, Lane Crawford's Sarah Rutson, Liberty of London's Yasmin Sewell and Harrods' Marigay McKee
Key traits: They usually have the nicest chauffeured cars and most of-the-moment accessories.
Where to spot them: Heading into a show with a trail of street style photographers hot on their embellished, colour blocked designer heels.
Tribes-within-a-tribe: The fashion directors of brick-and-mortar shops have always commanded the most attention. But these days, the women and men behind the e-commerce sites, such as ASOS, are becoming more high-profile.

GETTY IMAGES

▶ Karla Otto

THE PUBLICISTS

Most popular members: Karla Otto, BPCM's Vanessa Bismarck and People's Revolution's Kelly Cutrone
Key traits: A clipboard in hand, an earphone cord around the neck and an extremely low tolerance for bollocks.
Where to spot them: Cutting that gate crasher down to size.
Tribes-within-a-tribe: Fashion publicists the world over are a tough breed, but the New York tribe is especially scary.

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NYFW newbies

Introducing New York Fashion Week's newest talents

CONTRIBUTED

THE LAKE AND STARS

What to expect: Lingerie and swimwear duo Nikki Dekker and Maayan Zilberman have been a cult favourite for a while now thanks to their undergarments that are so contemporary and cool that they demand to be shown off. But with an Ecco Domani award in the bag, they'll surely be broadening their fanbase.
thelakeandstars.com

CONTRIBUTED

KINDER AGGUGINI

What to expect: Already a fashion darling in London, Aggugini is finally crossing the waters over to New York. He worked for Vivienne Westwood and John Galliano and describes his own line as "Coco Chanel marries Sid Vicious." That means you can expect nothing other than heaps of attitude and hopefully a little bit of provocation.
aggugini.com

CONTRIBUTED

JOY CIOCI

What to expect: Cioci's impeccable resumé leaves a very narrow margin for mistakes – not that we're expecting any. Clean, feminine, modern and fresh, her style reflects her time spent at luxury brands Nina Ricci, Gucci and Carolina Herrera.
joycioci.com

ROMINA MCGUINNESS

3 NAMES TO KNOW THIS SEASON

PARIS: NICOLA FORMICHETTI

It looks like Lady Gaga will be wearing a lot of Thierry Mugler next year. She's rumoured to be collaborating with her long-time stylist, Formichetti, on his first women's collection for the Parisan house as its new creative director.

LONDON: HOLLY FULTON

She's having a moment now that she's won London Fashion Week's NEWGEN Award. Fulton has a knack for couture-like craftsmanship, and her trademark bright colours and bold patterns are right in line with the trends.

PARIS: EMMANUELLE ALT

All cameras will be zoomed in on her this show month, which will be her first as top editor of Vogue Paris. She replaces her old boss, superhumanly stylish Carine Roitfeld. Talk about a lot of pressure on deciding what to wear.

KENYA HUNT

Invigorate your kit!

Try these new beauty treats.

Makeup Multi-taskers

• Stila One Step Makeup is primer, concealer, foundation and powder in one. $57; stilacosmetics.com

• CoverGirl & Olay Simply Ageless Serum Primer has Olay Regenerist skincare in the mix. $19; covergirl.ca

• Fusion-Beauty PrimeResults Acne Control Primer is tinted to veil redness and helps keep skin clear with salicylic acid. $45; fusionbeauty.com

True Blood

There's a new injectable cosmetic filler in town, derived from the patient's blood. Selphyl uses blood platelets to plump up deep wrinkles and crevices, and promote healing. All it takes is less than a teaspoon of blood and 20 minutes in a doc's office. Full results are visible in three weeks and can last more than a year. selphyl.ca

Grow Op

Prescription lash booster Latisse is now available in Canada. It delivers longer and fatter lashes in 16 weeks of daily use by prolonging the growth phase. Claire Danes is both a fan and spokesperson. See your dermatologist for more info. $150; latisse.com

THE KIT is an amazing new digital beauty magazine offering great tips to help you look and feel your best. Subscribe for FREE at thekit.ca.

IN FIVE WORDS OR LESS...

New York designers list their inspiration for their Autumn/Winter 2011 collections

Catherine Malandrino
"What is Parisian?"

Jenny Packham
"Whimsical party decadence."

Maz Azaria
"Timeless tailoring and rich textures."

Tracy Reese
"Rich hues, sculptural shapes and texture." KENYA HUNT

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A SPECIAL FEATURE DEVOTED TO LOVE, SEX & RELATIONSHIPS IN TODAY'S WORLD.
IN TODAY'S METRO AND ONLINE AT METRONEWS.CA/SEX
PRESENTED BY:

metro

With Valentine's Day just days away, we asked those lucky enough to claim they've found their perfect match how they managed to do so — and what steps to take to find your own

Find your soulmate

Be open to change

For Barack Levin, 40, author of The Diaper Chronicles from Atlanta, the realization that his wife of 14 years, Michelle, was his soulmate didn't come until a life-threatening illness challenged their relationship.

The couple met as international students (he's from Israel; she's from France) studying in the same MBA program in Pittsburgh. "Despite all of our parents' warnings and the barriers of language, religion and background, we seemed to have a uniquely deep connection," Levin recalls.

Just a year into dating, Levin learned during a routine physical that he had a terminal kidney disease and, at the age of 26, was told he had five years to live. "I had no idea if she would want to spend the next five years with a condemned man," he says.

"Until this day, I have no idea why she didn't leave me — I was arrogant, a show-off, a macho man. I've discovered you cannot remain the same person if you want to keep the relationship going. My wife changed me a lot: She softened me and showed me personality traits I never knew existedl."

METRO

ISTOCK

▶ Bottom line: Don't force it.

Look into your past

"Late in life romantic reconnections are all the rage these days, made easier by Facebook and email," says Isadora Alman, 70, a psychotherapist and writer from Alameda, Calif.

She speaks from personal experience: The week her marriage to a Jewish prince ended in 1975, she visited the public library to comb through major city directories in search of her college love, Morton Chalfy, now a 72-year-old publisher.

"Mort, and my relationship with him, had always been my touchstone for the best of what feeling loved was like," explains Alman. Despite a reunion in Florida and the fact that Chalfy had also divorced, "we were still too far apart — geographically and in lifestyle choices — to find a way to be together."

Flash forward to late 2009, when Chalfy emailed Alman to promote a website for his books. "A correspondence ensued, and in less than three months, we were living together and have been for the past year," she says.

METRO

If it feels wrong, run

"When I was a senior in high school, I met Brandi and fell head-over-heels in love," recounts Jason Coleman, 43, a district supervisor for a sporting goods chain living in Federal Way, Washington.

"After I graduated, we got engaged and I shipped off to boot camp for 16 weeks. Several months after I returned, we were trying to make our relationship work but there was a disconnect that we couldn't figure out. To this day, I cannot explain why I broke off the engagement with Brandi — we didn't disagree or fight. We didn't have any major problem — but I just knew in my gut that this was not the girl for me."

Less than a year later, Coleman met his wife of 21 years, Debby, at an all-city dance. "It's nearly impossible to explain, but when you find your soulmate, you will discover the truth," says Coleman. "There will be no sky-writing or Chinese fortune cookie pointing the way, but you will know it in your heart."

METRO

Get your own life first

"No one wants to be with someone who doesn't have passion — something that makes them tick," says Jessica Barrutia, 23, a publicist from Chicago, who met her boyfriend of five years, Ryan Bumgarner, at a friend's party after her high school graduation.

"I was really focused on my goals and aspirations when I met Ryan. I didn't care if he talked to me, I didn't even care if he looked at me; I was sure of myself and knew I would be more than fine if he wasn't interested. I think having your own interests exudes confidence, which is attractive."

But before you run out and pick up a pair of knitting needles, realize that developing yourself runs much deeper than finding a hobby. "The work starts inside," notes Erin Hessel, 30, a licensed acupuncturist who believes that self-acceptance allowed her to find her fiancée, 30-year-old artist Jason Borbet, at a Manhattan bar four years ago.

"Taking this time [for introspection] gets our intention really clear so we can actually feel this connection when it comes into our lives."

METRO

Stop searching for 'The One'

"I wasn't looking for a soul mate when I met my husband, Cameron," says Denise Lee, a 30-year-old marketing director from Levittown, N.Y. "We sort of found each other by accident. We were best friends and we'd talk with each other about the person we wanted to be with — then we finally realized that the person we were describing was each other."

Lee isn't the only one who believes things should unfold organically. "From the moment we met, we couldn't stop talking to each other," recalls Rosie Pope, 31, founder of Rosie Pope Maternity, a clothing line in New York, of when she first met her husband, Daron, in an elevator on the way to a rooftop bar.

"There was this shared subconscious need to keep spending time with one another. When you meet the right one, things just fit and are effortless. Being with them, making sacrifices for them — all of it is easy."

Bottom line: don't force it. "He's going to be that guy you are drawn to, who is also drawn to you," says Lee.

METRO

3 GIFTS FOR TWO

La dolce vita

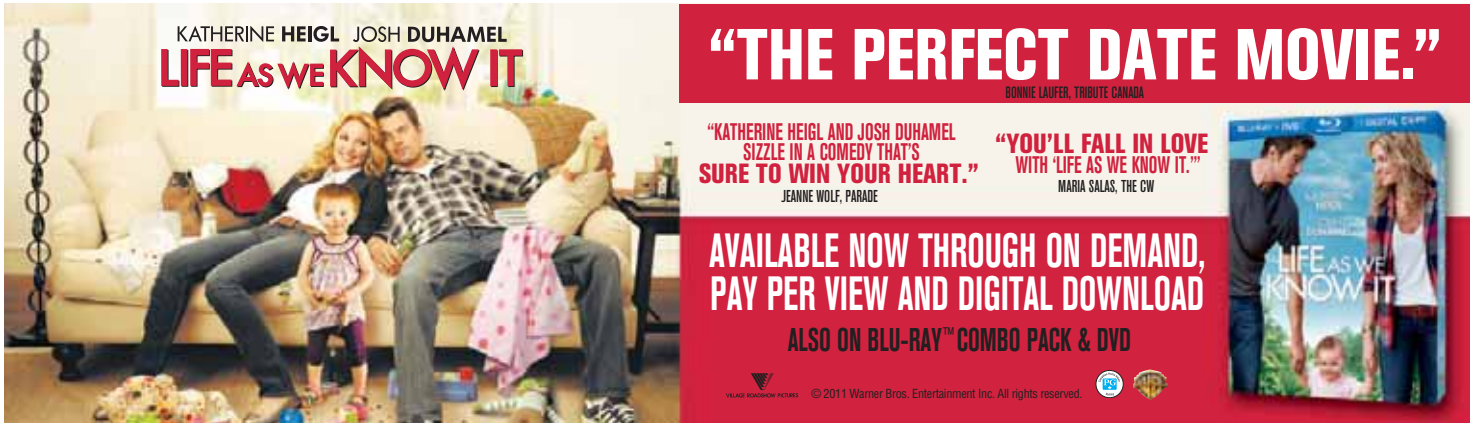
Romantic couples get down for some fireside picnicking on this Grossby sheepskin rug (Ikea, $189). Add some cheese and a bottle of red and you're set.

Cottage in the woods

A cottage, two pairs of snowshoes and an intimate "après ski" by a roaring fire might just be Cupid's Ultimate Canuck Getaway.

Coffee time

Stay at home, curl up with a good book and create your favourite café ambience. We suggest Nescafé Dolce Gusto Circolo by Krups ($179.99).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Here in the frozen north, Valentine's Day requires an extra measure of resourcefulness Conjure blissful schemes to get warm and snuggly with your special someone. Here's how:

GIFTS FOR HIM

Touch me
A Be Mine gift box from Lush ($44.95) makes your intentions plain. It contains an assortment of heavenly bath products and a massage bar that you can show him how to use. Add sexy silk boxers ($10, Wal-Mart) because men need pampering too.

Cool runners
Runners don't care that it's cold out, as long as they have a stretch of clear road to cover. Give your guy a pair of super-comfortable and supporting Nike Free Run+ shoes ($119.95, nike.com) and a subscription to Canadian Running (runningmagazine.ca).

Mad men
He's your own Don Draper, so gift him with a bottle of Canada's own whisky (Wiser's, $24.45) and all the accoutrements (ice bucket, rocks glass). If you want to dress up in a tight skirt and heels to complete the mood, so much the better.

Smooth operator
Present him with a playlist of romantic tunes on a new iPod nano ($159, Wal-Mart), and slip in a song written and performed by you! That's right. You don't have to be Lady Gaga to croon and whisper a heartfelt love pledge, sung a capella.

Modern retro
Every so often, the classics need a twist. This Timex Originals retro '70s-style timepiece ($75, The Bay) is spare and hipster cool, while Ralph Lauren, the fragrance they all wore in high school, is all grown up in Big Pony #2 — a smoldery scent that contains the allure of dark chocolate — perfect for Valentines.

Picture this
Digital is cold, analog is warm. Take a romantic stroll together through neighbourhoods where you normally only drive and record your journey on a Lomography analog camera. That's right, it uses film. (Lomography Diana mini, $105, Urban Outfitters). Voilà — not quite instant memories.

GIFTS FOR HER

Simply red
A beautiful red Kristina handbag ($268, Roots) says Valentines and adds much-needed colour to a wintry wardrobe. Oh, and if you fill it with chocolates, it becomes the perfect gift for any female.

Vampire lover
If she has the release date for Breaking Dawn circled on her calendar and worships Elena on TV's Vampire Diaries, give her a moody but glam piece, like a cropped black leather jacket ($399, Danier) or a vaguely goth sword pendant from Thomas Sabo ($89, Thomassabo.com for stores).

Sweets for your sweet
It's a classic: A Red Velvet Heart box from Canada's own Rogers Chocolates ($49.99, rogerschocolates.com for locations). If you're feeling inspired, hide a hand-written love note under all the pleated paper cups.

Valentines, Vegas-style
Can't make it to Vegas, baby? Have a swinging Valentines at home with Playboy Play it Sexy eau de cologne ($25, major drug stores) and these frou frou delicates from La Vie en Rose (heart print bra, $32.95; thong $15.95, lavieenrose.com).

Pampered princess
For the product junkie, stuff a cute heart-adorned wristlet ($7.99, Quo at Shoppers Drug Mart) with the latest pink and red beauty treats: Physician's Formula Happy Booster blush ($15.99) and Essie nail colour in Silken Cord ($9.99), both available at major drug stores nationwide.

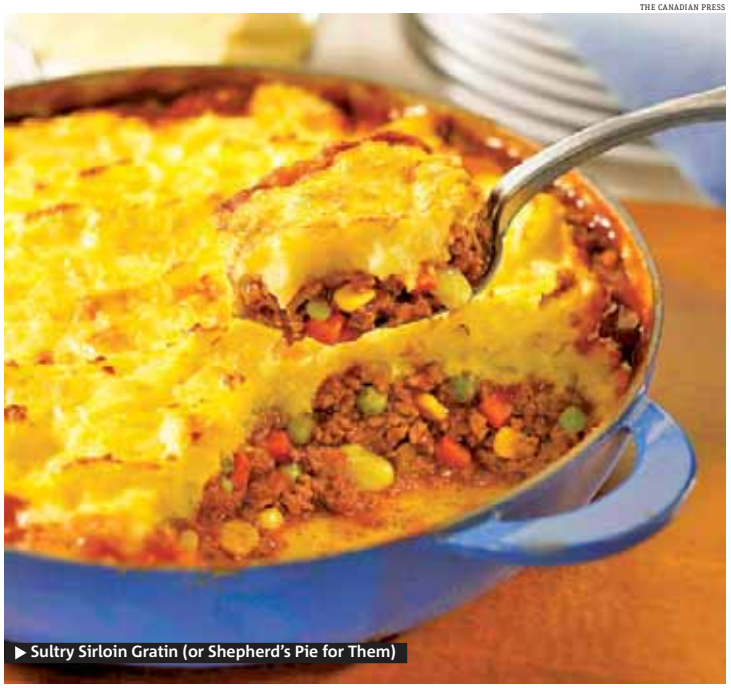
Share the love
This beautiful artisan-crafted Maasai glass bead ring from Me To We adorns your loved one's finger and provides alternative income in a developing community (Maasai Heart Ring sold as a set with Penda Love Chain glass bead necklace for $21.99, at metowe.com).

SUGGESTIONS BY LIZA HERZ

Sizzling sirloin

With some advance planning, you can have a romantic dinner at home with your Valentine and whip up a meal for the kids at the same time

THE CANADIAN PRESS



▶ Sultry Sirloin Gratin (or Shepherd's Pie for Them)

It's Sultry Sirloin Gratin for the two of you and Shepherd's Pie for the kids in this easy bistro classic.

Make ahead and portion into four to five individual baking dishes. For the kids, use custard cups.

Bake separately so the kids eat first and you eat later enjoying adult-only date-night dining. Wine: Cabernet or Merlot.

Preparation:

1. In a 30-cm (12-inch) skillet over medium-high heat, cook onion, beef, thyme and pepper to taste, breaking up meat with a wooden spoon, until beef is browned and onion is softened, about 10 minutes.
2. Reduce heat to medium; stir in Worcestershire sauce, tomato paste and flour. Stir in vegetables and stock; simmer until slightly thickened, about 3 minutes.
3. Divide into portions, spooning into 2 custard cups for the kids and 2 ramekins or small gratin dish for the adults.
4. Savoury Sirloin Gratin: Gradually stir half of the aged cheddar into half the Buttermilk Mashed Potatoes; spread evenly over beef mixture. Top each with remaining aged cheddar; bake in a 180 C (350 F) oven until lightly golden, about 25 minutes. Broil until topping is rich golden-brown, about 3 minutes, if desired. Serve with mesclun mix salad greens dressed with your favourite vinaigrette or a caesar salad.
5. Shepherd's Pie for Them: Repeat the above step. Serve with their favourite veggies and dip or a caesar salad. Makes 4 to 5 servings. THE CANADIAN PRESS

Ingredients:

- 1 onion, chopped
- 500 g (1 lb) lean ground beef sirloin
- 1 ml (1/4 tsp) dried thyme
- Pepper
- 50 ml (1/4 cup) Worcestershire sauce
- 30 ml (2 tbsp) tomato paste
- 15 ml (1 tbsp) all-purpose flour
- 500 ml (2 cups) frozen mixed vegetables
- 250 ml (1 cup) low-sodium beef stock
- 750 g (1 1/2 lb) potatoes, peeled and cubed
- 125 ml (1/2 cup) buttermilk
- 50 ml (1/4 cup) butter
- 125 ml (1/2 cup) each shredded aged and mild cheddar cheese

Buttermilk Mashed Potatoes:

Buttermilk Mashed Potatoes: In a medium saucepan, cover 750 g (1 1/2 lb) potatoes, peeled and cubed, with cold salted water. Bring to a boil over medium-high heat; reduce heat and simmer until tender, about 25 minutes. Drain and return to pot over medium heat; heat until dry, about 1 minute. Remove from heat. Stir in 125 ml (1/2 cup) buttermilk and 50 ml (1/4 cup) butter; mash until smooth.

Valentine's Day decor made easy

Here's how to turn a trio of fluffy pom-poms into heart-shaped Valentine's Day decor:

Materials:

- yarn, wool roving or T-shirt fabric
- cardboard
- scissors
- embroidery thread and needle
- ribbon

1. Make two donut-shaped cardboard templates. They can be any size. Cut a chunk out of each template.
2. Cut a piece of embroidery thread about 20 cm long and lay it over one of the templates. Place the other template on top, sandwiching the thread, with the ends of the thread hanging out the cut edges.
3. If using T-shirt fabric, cut it into 1 cm strips. If using wool roving, gently pull it apart into 1 cm strips. Starting at one end, wrap the fabric, roving or yarn around the template until you get to the other end.
4. Repeat until you have at least three layers wrapped around the templates.
5. Loosely tie the embroidery thread ends that are hanging from the template together. Holding the templates together with one hand, use sharp scissors to cut through the fabric.
6. Pull the embroidery thread tight and tie a knot. Remove the templates. You should have a shaggy-looking pom-pom at this point.
7. Cut two circular templates from cardboard, slightly smaller than the original templates. Sandwich the pom-pom between the two cardboard circles and use the edge of the cardboard as a guide to trim the pom-pom.
8. Make two more pom-poms and use the needle and embroidery thread to sew them in a triangle shape.
9. Continue trimming until you have a heart shape. Add a loop of ribbon for hanging. THE ASSOCIATED PRESS

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Home is for the heart

Take a break from the chocolates and roses this year and instead focus on your lover's living quarters

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Finding a way to show your love to your sweetheart can be very stressful on Valentine's Day, so why not forgo the chocolates or roses and create a romantic environment for the one you love?

Special decor touches of colour, texture and whimsy can bring heart-thumping feelings all year long. Here are a few sexy yet personal home goods that are sure to lift your love of everything decor.

Flicker of love

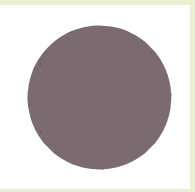
The Island Nights candle is one of the most sensually scented candles, with orchids, orange, musk and jasmine.

Tip: the coral sleeve makes a fabulous bottle coaster when the candle is long gone, and the amethyst glass container would be stylish on a desk as a pencil holder. $47, crabtreeevelyn.com

Luscious Lips

Is there anything that makes more of a statement? I'd use this sexy sofa as a banquette by placing a stylish dining table near it.

A sofa with such personality is the star of the room. Other furnishings should be simpler in design and colour. A modern square-shaped chair in dark grey will make the sofa stand out even more. $1,500 includes delivery. sexyfurnishings.com



Sexy Walls

Painting the wall behind a bed or sofa can add much needed pizzazz to an all neutral, boring room. Surprise your loved one with the gift of a focal wall this Valentine's Day. The perfect colour of love is Bon Nuit AF635 from Benjamin Moore Paints. This murky purple tone looks great with almost any colour, especially the popular chocolate browns and greys. benjaminmoore.ca

A glitter in your eye

Cool chrome and red acrylic droplets create a splashy light fixture in a foyer or over a dramatic dining table.

Red means love. Hang it low (about four-to-five feet off the floor) over a corner table for a modern focal point in the living room. $299, Euphoria Chandelier. homedepot.ca

A piece of me

Just a bit of body fluid, a kiss or fingerprint and look what you can give him? Your DNA makes personalized art. Go for bold and go big!

Large art is a great way to give big impact to a small space whether it be your lips or finger prints. From $100. canvaspop.com

Tech Treats

Treat him to the ultimate docking station for i-fetish items. The BeoSound8 is the perfect blend of style and sound.

Beware: one piece of B&O technology often leads to another ... you may be creating a style-tech obsession for him! $1090, Bang & Olufsen. bang-olufsen.com

How to turn your shower into a spa

DIY IDEAS

When planning to remodel the shower, consider installing a shower bench to add luxury and comfort to your space.

Shower benches have become one of the most popular additions to the bathroom and give any stand-up shower a spa-like feel without breaking the bank.

DIY Network Canada's BATHtastic! (airing Fridays at 9 p.m. ET/PT and 9:30pm ET/PT) offers a step-by-step guide to framing and constructing a shower bench to fit any space.

Step 1: Plan it out

Measure the space in the shower and sketch out a rough design of where the bench will go. The simplest design is a rectangle that spans the width of the space against the back shower wall.

Step 2: Make a frame

Start construction by making the top frame for the bench. This will be the piece you sit on in the shower.

While wearing safety goggles, use a miter saw to cut 2x4s to the measured length and width of the bench. Lay out the four pieces in the shape of a rectangle and secure together with a framing nail gun.

Step 3: Secure the top

Bring the newly-created top piece of the bench into the shower and position it at the desired height. Level the bench and nail each end into a wall stud against the back shower wall.

To reinforce the top piece, measure its inside length and width and construct a cross-shaped piece out of 2x4s.

Using the framing nail gun, nail the cross-shaped piece inside the constructed top piece.

Step 4: Add some legs

To make legs, measure the height between the bottom of the shower and the bottom of the mounted frame. Cut the legs from 2x4 lumber and attach to the frame with the framing nail gun.

Step 5: Cover and tile

Cover all the framing with a waterproof membrane and backerboard.

Using silicone, caulk all seams. Tile the bench using mortar and a tile pattern that complements the shower's design and round the edges with a masonry stone.

When the mortar has dried, grout the joints and clean the tile. After the grout has dried, seal the grout lines with a sealant.

WATCH DIY NETWORK CANADA, ON FREE PREVIEW, THROUGHOUT THE MONTH OF FEBRUARY.

ISTOCK

▶ Adding a bench to your shower can provide luxury and comfort.

Mini artwork in a bite

When Valentine's Day approaches, many stores stock up on the usual fare: shiny, red, heart-shaped boxes with a variety of ordinary chocolates.

This year, why not kick your expression of love up a notch and buy some really beautiful, really delicious sweet treats? Small artisanal producers are creating gorgeous designs.

Most of these creative chocolatiers have a brick-and-mortar, as well as an online store, and many will be pleased to create customized bonbons, with appropriate lead time.

ARTISAN CONFECTIONS/THE ASSOCIATED PRESS

▶ Decorated designer chocolates from Artisan Confections.

• With a Fine Arts background and an honours degree from the Culinary Institute of America, former pastry chef Jason Andelman crafts flavours such as malted milk, salted butter caramel, espresso lemon, and organic mint with French chocolate, and decorates the bonbons with hip modern graphic designs.

He invites local artists to create seasonal, limited-edition designs, and part of the sales goes back to support local Arlington, Va., cultural projects. Attractive orange boxes wrapped with burgundy ribbon hold the goodies.
artisanconfections.com

• Brooklynites Mary Matson and Matt Even use their skill sets in advertising, design and confectionery to turn the iconic chocolate bar into something special.

Mentored initially by chocolatier Jacques Torres, their exquisite bars cover all kinds of chocolate, and are etched with linear graphics or stencilled words like "Yours" and "Eat Me."

Their caramelized white chocolate bar is a slab of tawny simplicity, stamped with the designers' names.

An array of stripy Neapolitan bars combining dark, milk or white chocolate with tangerine or strawberry flavours has a hip, modern look.
chocolate-editions.com.

• New Yorker Maribel Lieberman has taken haute chocolate to an elegant level with her creations for Marie Belle.

Clad in blue and brown boxes, her chocolates were born of cacao beans from Ecuador, Venezuela, Java and Madagascar. Some of the flavours include exotics like saffron, cinnamon, pineapple, champagne and lemon milk.
mariebelle.com

All of these artisan chocolates are made with fresh ingredients and no preservatives; the purveyors make a point of stating that consumption must be swift — usually within a couple of weeks of receipt. Unlikely to be a problem.

THE ASSOCIATED PRESS

CHOCOLATE EDITIONS/THE ASSOCIATED PRESS

▶ Eat Me chocolate bar by Chocolate Editions

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DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This time of year may bring you down, with cold days and nights leaving you longing for spring to get here.

Why not brighten your plate and your mood with vibrant flavours and colourful ingredients?

Even though you might not have the barbecue handy (because it's covered with snow!), you can still enjoy burgers.

These turkey burgers are made with a twist and can be cooked right in your skillet on the stove.

They are lean and full of fresh ginger, coriander and garlic to keep you humming a tasty tune right into spring.

FLICKR: AMICHIGANMOM

Yields 4
Prep time: 15 minutes
Cooking: 15 minutes

▶ Feel free to serve these patties on buns or enjoy them on their own with fresh veggies.

Preparation:

1. In a large bowl, whisk together the egg and soy sauce. Stir in the onions, garlic, ginger, coriander, breadcrumbs and pepper. Add the turkey and, using your hands, mix turkey into egg mixture until evenly distributed. Shape into 4 patties that are about ½ inch (1 cm) thick.
2. Place the patties in a large non-stick skillet over medium-high heat; cover and cook them for about 15 minutes, turning once or until the burgers are no longer pink inside.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients:

- 1 egg, lightly beaten
- 2 tbsp (25 mL) soy sauce
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) ginger
- 1/3 cup (75 mL) chopped fresh coriander leaves
- 1/3 cup (75 mL) dry breadcrumbs or crushed crackers
- ¼ tsp (1 mL) pepper
- 1 lb (500 g) extra lean ground turkey

Flames continue scorching play

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Ottawa's Chris Neil and Calgary's David Moss collide during the first period last night.

Go 3-for-5 on the power play and kill off all three Ottawa advantages

5	2
FLAMES	SENATORS

Tim Jackman scored twice while Anton Babchuk had a goal and two assists as the Calgary Flames defeated the Ottawa Senators 5-2 last night.

Olli Jokinen and Curtis Glencross also each had a goal and an assist for Calgary (28-21-7), which earned its second straight win and eighth in nine games. Since losing 6-0 at home to the Minnesota Wild on Jan. 19, the Flames have gone 8-0-1 to climb back into contention in the Western Conference.

Chris Kelly and Chris Campoli scored for Ottawa (17-30-8), which led 2-1 after the first period. The Senators have lost five straight and are 1-13-4 in their past 17 games.

Goalie Miikka Kiprusoff made 24 saves to improve his record to 24-18-3.

Rookie Ottawa netminder Robin Lehner stopped 30 shots in defeat.

The Flames put on great early pressure but were kept scoreless due to several nice saves by Lehner.

Jackman opened the scoring at 8:40 of the first when the puck deflected off him and in after Lehner stopped a Niklas Hagman shot.

Just 37 seconds later, Kelly tied it up when he took a pass from Jarkko Ruutu and snapped a shot to the short side past Kiprusoff.

Ottawa went ahead 2-1 two minutes later on a Campoli point shot that hit Kiprusoff before bouncing up and into the net. The Flames tied it 2-2 during a second-period power play when Jokinen redirected a pass from Glencross past Lehner.

Jokinen then returned the favour a short time later when he sprung Glencross on a breakaway. Glencross wired a perfect shot into the top corner.

The Flames took a 4-2 lead at 8:36 of the third when Babchuk fired a point shot past Lehner, who was screened by David Moss on the play.

Jackman rounded out the scoring on the power play when he tapped in a loose puck behind Lehner.

THE CANADIAN PRESS

800

Robyn Regehr chipped in with two assists in his 800th career NHL game last night.

4 sports

Quoted

"It was the worst hit I've ever had from behind. I wasn't surprised, not when you see (Cooke) in the highlights all the time for dirty hits."

COLUMBUS DEFENCEMAN FEDOR TYUTIN AFTER BEING HIT BY PITTSBURGH'S MATT COOKE TUESDAY NIGHT.

Nagging back injury sidelines Alfredsson

Ottawa Senators captain Daniel Alfredsson will be out indefinitely due to a lingering lower back injury.

The veteran forward is hopeful that he'll be able to return to the lineup in less than two weeks.

"I've been having a little bit of a problem the last few weeks especially," Alfredsson said yesterday. "I was hoping the all-star break was going to help me to go forward but the last two games, it hasn't been as good as I would have liked."

31 Alfredsson, 38, has recorded 31 points (14 goals, 17 assists) in 54 games this season.

Senators head coach Cory Clouston said his captain needs a break.

"It's the only thing we can do right now," Clouston said. "It's to the point where we don't want to put him in jeopardy as far as health. He's not able to do the things he wants to be able to do right now, and it's getting worse and worse. It's been a while since he's been anywhere near 100 per cent."

Ottawa entered last night's game at Calgary in 14th place in the NHL's Eastern Conference standings. THE CANADIAN PRESS

Sports in brief

Isles goalie done for year

NHL. Islanders rookie goalie Kevin Poulin will miss the rest of the season after hurting his knee during pre-game warmups Tuesday night.

THE ASSOCIATED PRESS

Roy's return pushed back

NBA. Guard Brandon Roy has returned to practice with the Portland Trail Blazers but he won't return to the lineup this weekend as he had hoped.

Roy, who had arthroscopic surgery on both knees a little more than three weeks ago, worked out for about a half-hour with his teammates yesterday.

THE ASSOCIATED PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W2
d-Tampa Bay	55	33	17	3	2	168	169	71	18-6-1-1	15-11-2-1	7-3-0-0	L1
d-Boston	54	31	16	2	5	169	125	69	15-10-1-2	16-6-1-3	7-3-0-0	W1
Pittsburgh	55	34	17	2	2	165	126	72	19-10-1-0	15-7-1-2	7-3-0-0	L2
Washington	55	29	16	5	5	150	136	68	17-6-2-5	12-10-3-0	5-2-1-2	L1
Montreal	55	30	20	4	1	145	139	65	18-7-3-1	12-13-1-0	5-3-1-1	L2
NY Rangers	56	29	23	2	2	155	138	62	12-12-1-2	17-11-1-0	3-6-0-1	L5
Carolina	54	26	21	3	4	161	167	59	14-9-1-1	12-12-2-3	4-5-1-0	L1
Atlanta	56	24	22	4	6	162	183	58	12-11-1-4	12-11-3-2	2-5-1-2	L4
Buffalo	52	25	22	5	0	152	153	55	12-12-1-0	13-10-4-0	7-3-0-0	W2
Florida	53	23	24	2	4	141	143	52	11-9-2-3	12-15-0-1	2-4-1-3	L1
Toronto	54	23	26	2	3	143	169	51	13-11-2-2	10-15-0-1	5-5-0-0	W2
New Jersey	54	20	30	3	1	116	156	44	11-13-2-1	9-17-0-1	8-1-1-0	W2
Ottawa	55	17	30	5	3	121	183	42	9-15-2-2	8-15-3-1	0-8-1-1	L11
NY Islanders	53	17	29	3	4	131	174	41	9-13-1-3	8-16-2-1	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	54	35	10	4	5	183	127	79	19-3-1-4	16-7-3-1	6-1-1-2	W6
d-Detroit	54	32	16	4	2	177	160	70	16-8-3-1	16-8-1-1	5-5-0-0	L1
d-Dallas	54	30	18	2	4	154	153	66	16-7-2-3	14-11-0-1	4-5-1-0	L4
San Jose	55	30	19	4	2	155	146	66	13-10-2-1	17-9-2-1	9-0-0-1	W5
Nashville	55	29	19	4	3	145	130	65	12-5-3-3	17-14-1-0	5-4-0-1	W1
Phoenix	56	28	19	6	3	159	158	65	12-10-3-2	16-9-3-1	5-5-0-0	W3
Calgary	56	28	21	2	5	162	163	63	16-9-0-2	12-12-2-3	8-1-0-1	W2
Anaheim	54	29	21	2	2	146	150	62	17-8-0-1	12-13-2-1	7-3-0-0	W1
Minnesota	53	28	20	1	4	138	140	61	13-11-0-2	15-9-1-2	7-3-0-0	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-0	12-13-0-1	6-3-0-1	W2
Chicago	54	28	22	2	2	172	151	60	16-13-0-0	12-9-2-2	5-4-0-1	W1
Columbus	54	26	23	3	2	147	166	57	13-13-0-1	13-10-3-1	5-3-1-1	L1
St. Louis	52	24	20	4	4	140	154	56	16-8-1-2	8-12-3-2	4-4-2-0	W1
Colorado	54	25	23	6	0	166	178	56	14-13-3-0	11-10-3-0	3-7-0-0	L5
Edmonton	54	16	30	1	7	134	184	40	7-15-1-3	9-15-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last nights results
Calgary 5 Ottawa 2
Boston 8 Montreal 6
Chicago 4 Edmonton 1
Minnesota 3 Colorado 2
Nashville 4 Detroit 1
Phoenix 3 Dallas 2 (OT)
San Jose 3 Columbus 2
Anaheim at Vancouver
Tuesday's results
Toronto 5 N.Y. Islanders 3
San Jose 2 Washington 0
Columbus 4 Pittsburgh 1
New Jersey 3 Carolina 2 (OT)
St. Louis 2 Florida 1
Buffalo 7 Tampa Bay 4
Tonight's games
New Jersey at **Toronto**, 7 p.m.
Carolina at Philadelphia, 7 p.m.
Los Angeles at Pittsburgh, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.

BRUINS 8, CANADIENS 6

First Period
1. Boston, Marchand 15 (Bergeron, Recchi) 13:16
2. Boston, Seidenberg 5 (Horton) 13:28
Penalties — Moen Mtl, Lucic Bos (cross-checking) 13:28, Gomez Mtl (tripping) 14:26, Pacioretty Mtl (interference) 19:31, Moen Mtl (misconduct), Price Mtl (roughing; served by Pyatt), Lucic Bos (roughing, roughing) 20:00.
Second Period
3. Montreal, Gionta 20 (Plekanec, Wisniewski) 0:25
4. Montreal, Subban 7 (Gionta, Plekanec) 8:30 (pp)
5. Boston, McQuaid 1 (Horton, Lucic) 9:48
6. Montreal, Weber 1 (Darche) 11:01
7. Boston, Ryder 15 (Wheeler, Hamill) 11:32
8. Boston, Lucic 22 (Horton, Krejci) 12:31
9. Montreal, Desharnais 4 (Subban, Weber) 12:48 (pp)
10. Boston, Lucic 23 (Krejci, Horton) 14:49 (sh)
Penalties — Horton Bos (hooking) 7:32, Gionta Mtl (roughing, roughing), Wisniewski Mtl, Pacioretty Mtl, Recchi Bos, Chara Bos, Kampfer Bos (roughing), Price Mtl (leaving the crease, fighting; served by Hamrlik), Thomas Bos (leaving the crease, fighting; served by Bergeron), Marchand Bos (charging, roughing) 12:36, Kampfer Bos (cross-checking) 17:52.
Third Period
11. Montreal, Pacioretty 7 (Wisniewski) 7:06 (pp)
12. Boston, Ryder 16 (Seidenberg, Kampfer) 10:01 (pp)
13. Boston, Horton 14 (Krejci) 14:54
14. Montreal, Pacioretty 8 (Desharnais, Weber) 19:46 (pp)
Penalties — Spacek Mtl, Thornton Bos (fighting, game misconduct), Moen Mtl, Pyatt Mtl (fighting) 0:40, Horton Bos (tripping) 6:40, Desharnais Mtl (interference) 8:06, Pouliot Mtl, Krejci Bos (fighting), Subban Mtl, Lucic Bos (misconduct), Horton Bos (cross-checking) 17:06, Moen Mtl, Ference Bos (fighting), Boychuk Bos (fighting, game misconduct), Thornton Bos (roughing) 19:19, Ference Bos (fighting) 19:31, Thornton Bos (fighting), McQuaid Bos (roughing, roughing) 19:35, Hamrlik Mtl (fighting, game misconduct) 20:00.
Shots

Montreal	8	16	9—33
Boston	18	11	5—34

Goal — Montreal: Price (L,26-18-5); Boston: Thomas (W,26-6-6). **Power plays (goals-chances)** — Montreal: 4-10; Boston: 1-5.
Referees — Don Van Massenhoven, Brian Pochmara.
Linesmen — Michel Cormier, Brian Murphy.
Att. — 17,565 (17,565) at Boston.

BLACKHAWKS 4, OILERS 1

First Period
1. Chicago, Sharp 27 (Toews) 10:41
Penalties — Edmonton bench (too many men; served by Omark) 12:56, Foster Edm (holding) 15:17.
Second Period
2. Chicago, Bickell 13, 5:14
Penalties — Vandermeer Edm (hooking) 1:44, Gagner Edm (hooking) 10:50.
Third Period
3. Chicago, Kane 16 (Kopecky, Toews) 4:15 (pp)
4. Edmonton, Eberle 11 (Vandermeer, Hall) 16:20
5. Chicago, Kane 17, 19:17 (Empty net)
Penalties — Smid Edm (high-sticking) 1:38, Vandermeer Edm (tripping) 3:55, Cogliano Edm, Peckham Edm (misconduct) 4:15, Toews Chi (holding) 9:50, Johnson Chi (kneeing) 11:35.
Shots

Chicago	10	12	4—26
Edmonton	4	12	8—24

Goal — Chicago: Crawford (W,17-11-2); Edmonton: Dubnyk (L,6-6-6). **Power plays (goals-chances)** — Chicago: 1-6; Edmonton: 0-2.
Referees — Francois St. Laurent, Kelly Sutherland.
Linesmen — Ryan Galloway, Derek Nansen.
Att. — 16,839 (16,839) at Edmonton.

FLAMES 5, SENATORS 2

First Period
1. Calgary, Jackman 8 (Hagman, Regehr) 8:40
2. Ottawa, Kelly 12 (Ruutu, Kuba) 9:17
3. Ottawa, Campoli 3, 10:21
Penalties — Ruutu Ott (goaltender interference) 1:41, Neil Ott (roughing) 14:07, Giordano Cal (holding the stick) 17:01, Kovalev Ott (misconduct) 20:00.
Second Period
3. Calgary, Jokinen 10 (Glencross, Babchuk) 13:42 (pp)
4. Calgary, Glencross 15 (Jokinen, Babchuk) 17:44
Penalties — Giordano Cal (hooking) 1:39, Butler Ott (goaltender interference) 12:11.
Third Period
4. Calgary, Babchuk 7 (Regehr) 8:36 (pp)
5. Calgary, Jackman 8 (Iginla, Morrison) 15:38 (pp)
Penalties — Ruutu Ott (interference) 7:24, Spezza Ott (hooking) 14:06, Sarich Cal (holding the stick) 16:22.
Shots

Ottawa	12	7	7—26
Calgary	16	10	9—35

Goal — Ottawa: Lehner (L,1-3-0); Calgary: Kiprusoff (W,24-18-3). **Power plays (goals-chances)** — Ottawa: 0-3; Calgary: 3-5.
Referees — Eric Furlatt, Chris Rooney. **Linesmen** — Don Henderson, Mark Wheler.
Att. — 19,289 (19,289) at Calgary.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON RED SOX — Agreed to terms with RHP Alfredo Aceves on a one-year contract and LHP Dennys Reyes on a minor league contract. Designated RHP Robert Coello for assignment.

NFL

ARIZONA CARDINALS — Named Ray Horton defensive coordinator.
ATLANTA FALCONS — Released S Erik Coleman. Re-signed LB Coy Wire to a two-year contract.
CLEVELAND BROWNS — Terminated the contracts of NT Shaun Rogers, LB Eric Barton, LB David Bowens, DL Kenyon Coleman, TE Robert Royal and OL John St. Clair.
INDIANAPOLIS COLTS — Named David Walker running backs coach and Devin Fitzsimmons coaching assistant.
NEW YORK JETS — Signed LB Brandon Long, LB Garrett McIntyre and K Nick Novak to reserve/future contracts.
SEATTLE SEAHAWKS — Signed DT Barrett Moen.
TENNESSEE TITANS — Named Bruce Matthews offensive line coach.

NHL

NHL — Suspended Pittsburgh F Matt Cooke four games and announced he will forfeit $87,804.88 for a charging incident involving Columbus D Fedor Tyutin during Tuesday's game. Suspended New Jersey D Anton Volchenkov three games and announced he will forfeit $68,548.38 for delivering a blow to the head of Carolina F Zach Boychuk during Tuesday's game.
CAROLINA HURRICANES — Recalled D Brett Carson from Charlotte (AHL) on an emergency basis.
DALLAS STARS — Activated C Tom Wandell from injured reserve.
NEW YORK ISLANDERS — Placed G Rick DiPietro on injured reserve. Recalled F Jesse Joensuu from Bridgeport (AHL).
OTTAWA SENATORS — Recalled F Bobby Butler and F Jim O'Brien from Binghamton (AHL).
TAMPA BAY LIGHTNING — Reassigned F Mattias Ritola to Norfolk (AHL).
TORONTO MAPLE LEAFS — Traded D Francois Beauchemin to Anaheim for F Joffrey Lupul, D Jake Gardiner and a conditional 2013 fourth-round draft pick.

SOCCER

INTERNATIONAL FRIENDLIES

Yesterday's results
Albania 1 Slovenia 2
Belgium 1 Finland 1
Cambodia 3 Macau 1
Cape Verde Islands 1 Burkina Faso 0
Croatia 4 Czech Republic 2
Cyprus 1 Romania 1
(Romania wins 5-4 on penalty kicks)
Denmark 1 England 2
Equatorial Guinea 2 Chad 0
France 1 Brazil 0
Germany 1 Italy 1
Israel 0 Serbia 2
Libya 3 Benin 2
Luxembourg 2 Slovakia 1
Macedonia 0 Cameroon 1
Malaysia 2 Hong Kong 0
Malta 0 Switzerland 0
Morocco 3 Niger 0
Mozambique 1 Botswana 1
Namibia 1 Malawi 2
Netherlands 3 Austria 1
Nigeria 2 Sierra Leone 1
Philippines 2 Mongolia 0
San Marino 0 Liechtenstein 1
Senegal 4 Guinea 0
South Africa 2 Kenya 0
Spain 1 Colombia 0
Swaziland 0 Zambia 4
Tanzania 1 Palestine 0
Turkey 0 South Korea 0
At Larissa, Greece
Greece 1 **Canada 0**
At Abu Dhabi, U.A.E.
Iran 1 Russia 0
At Dubai, U.A.E.
Azerbaijan 0 Hungary 2
At Amadora, Portugal
Guinea-Bissau 3 Gambia 1
At Antalya, Turkey
Belarus 1 Kazakhstan 1
Estonia 2 Bulgaria 2
Latvia 2 Bolivia 1
At Dublin
Northern Ireland 0 Scotland 3
At Faro, Portugal
Poland 1 Norway 0
At Geneva
Argentina 2 Portugal 1
At Lagos, Nigeria
Moldova 2 Andorra 1
At Limassol, Cyprus
Armenia 1 Georgia 2
At Nicosia, Cyprus
Ukraine 1 Sweden 1
(Ukraine wins 5-4 on penalties)
At Rouen, France
Republic of Congo 0 Gabon 2

CURLING

ONTARIO TANKARD CHAMPIONSHIP

Yesterday's Results
Fifth Draw
Mark Bice 8 Jake Higgs 7
Glenn Howard 7 Chris Gardner 1
Mark Kean 8 Greg Balsdon 5
Dale Matchett 8 Nick Rizzo2
Howard Rajala 10 John Epping 5
Sixth Draw
Mark Bice 10 Howard Rajala 9 (extra end)
Peter Corner 5 Jake Higgs 2
John Epping 9 Chris Gardner 7
Glenn Howard 9 Greg Balsdon 7
Nick Rizzo 9 Mark Kean 5
Seventh Draw
Peter Corner 11 Howard Rajala 8
Greg Balsdon 11 John Epping 6
Glenn Howard 10 Nick Rizzo 4
Dale Matchett 7 Mark Kean 2
Mark Bice 10 Chris Gardner 9 (extra end)
Tuesday's results
Third Draw
John Epping 8 Peter Corner 2
Mark Kean 9 Howard Rajala 5
Chris Gardner 12 Dale Matchett 5
Greg Balsdon 9 Nick Rizzo 5
Glenn Howard 11 Jake Higgs 2
Fourth Draw
Greg Balsdon 10 Dale Matchett 6
Peter Corner 8 Mark Bice 5
John Epping 9 Jake Higgs 3
Chris Gardner 5 Mark Kean 4
Glenn Howard 7 Howard Rajala 1

TENNIS

ATP SAP OPEN

At San Jose, Calif.
Yesterday's results
Singles — First Round
Singles
First Round
Fernando Verdasco (1), Spain, def. Rajeev Ram, U.S., 6-3, 6-2.
Ivo Karlovic, Croatia, def. Ryan Sweeting, U.S., 6-4, 6-4.
Robert Kendrick, U.S., def. Igor Kunitsyn, Russia, 7-5, 3-6, 6-4.
Second Round
Richard Berankis, Lithuania, def. Donald Young, U.S., 6-4, 5-7, 7-5.
Milos Raonic, Thornhill, Ont., def. James Blake, U.S., 6-2, 7-6 (4).

ATP ABN AMRO WORLD TOURNAMENT

At Rotterdam, Netherlands
Singles — First Round
Marcos Baghdatis, Cyprus, def. Andy Murray (2) Britain, 6-4, 6-1.
Mikhail Youzhny (6), Russia, def. Marcel Granollers, Spain, 6-2, 7-6 (6).
Feliciano Lopez, Spain, def. Florian Mayer, Germany, 6-3, 6-4.
Benoit Paire, France, def. Gilles Simon, France, 6-2, 2-6, 6-3.
Second Round
Marin Cilic, Croatia, def. Jurgen Melzer (5), Austria, 6-2, 6-4.
Jo-Wilfried Tsonga (8), France, def. Michael Llodra, France, 4-6, 6-4, 6-4.
Viktor Troicki, Serbia, def. Jarkko Nieminen, Finland, 7-6 (4), 7-5.

WTA OPEN GAZ DE FRANCE SUEZ

At Paris
Singles — First Round
Nadia Petrova (5), Russia, def. Virginie Razzano, France, 6-1, 6-3.
Andrea Petkovic (6), Germany, def. Angelique Kerber, Germany, 7-5, 3-6, 6-2.
Yanina Wickmayer (7), Belgium, def. Elena Vesnina, Russia, 7-6 (1), 6-2.
Sofia Arvidsson, Sweden, def. Alize Cornet, France, 6-2, 7-6 (5).
Second Round
Kim Clijsters (1), Belgium, def. Kristina Barrois, Germany, 4-6, 6-2, 6-0.
Dominika Cibulkova (8), Slovakia, def. Melanie Oudin, U.S., 6-4, 7-6 (5).

WTA PTT PATTAYA OPEN

At PATTAYA, Thailand
Singles
Second Round
Ana Ivanovic (2), Serbia, def. Jill Craybas, U.S., 4-6, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Maria Kirilenko (3), Russia, 1-6, 7-5, 6-4.
Roberta Vinci (5), Italy, def. Zhang Shuai, China, 7-5, 6-1.
Peng Shuai (6), China, def. Elena Baltacha, Britain, 2-6, 6-1, 6-4.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	6	4	2	.667	69	59	—
Buffalo	5	3	2	.600	53	50	½
Rochester	5	3	2	.600	49	54	½
Boston	7	4	3	.571	64	53	½
Philadelphia	6	3	3	.500	52	56	1

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	6	4	2	.667	71	69	—
Minnesota	5	3	2	.600	58	52	½
Washington	6	3	3	.500	69	72	1
Colorado	5	1	4	.200	47	51	2½
Edmonton	5	0	5	.000	44	59	3½

WEEK SIX
Friday's game
Washington at Edmonton, 9 p.m.
Saturday's games
Calgary at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Colorado at Boston, 7:30 p.m.
Minnesota at Rochester, 7:35 p.m.
Edmonton at Washington, 10:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	38	13	.745	—
d-Miami	38	14	.731	½
d-Chicago	35	16	.686	3
Atlanta	33	19	.635	5½
Orlando	34	20	.630	5½
New York	26	25	.510	12
Philadelphia	24	28	.462	14½
Indiana	22	28	.440	15½
Charlotte	22	30	.423	16½
Milwaukee	20	31	.392	18
Detroit	20	33	.377	19
New Jersey	16	37	.302	23
Washington	14	37	.275	24
Toronto	14	39	.264	25
Cleveland	8	45	.151	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	44	8	.846	—
Dallas	36	15	.706	7½
d-L.A. Lakers	36	16	.692	8
d-Oklahoma City	33	18	.647	10½
New Orleans	32	22	.593	13
Denver	30	22	.577	14
Utah	31	23	.574	14
Portland	28	24	.538	16
Memphis	28	26	.519	17
Phoenix	24	25	.490	18½
Houston	25	29	.463	20
Golden State	22	28	.440	21
L.A. Clippers	20	32	.385	24
Minnesota	13	39	.250	31
Sacramento	12	36	.250	30

d – division leader
Last night's results
Detroit 103 Cleveland 94
Indiana 104 Charlotte 103
New Jersey 103 New Orleans 101 (OT)
Orlando 99 Philadelphia 95
San Antonio 111 Toronto 100
Washington 100 Milwaukee 85
L.A. Clippers 116 New York 108
Chicago 91 Utah 86
Dallas at Sacramento
Denver at Golden State,
Tuesday's results
Philadelphia 117 Atlanta 83
Orlando 101 L.A. Clippers 85
San Antonio 100 Detroit 89
Miami 117 Indiana 112
Milwaukee 92 Toronto 74
Memphis 105 Oklahoma City 101 (OT)
Minnesota 112 Houston 108
Tonight's games
L.A. Lakers at Boston, 8 p.m.
Golden State at Phoenix, 9 p.m.
Dallas at Denver, 10:30 p.m.
Friday's Games
New Jersey at Charlotte, 7 p.m.
Minnesota at Indiana, 7 p.m.
New Orleans at Orlando, 7 p.m.
San Antonio at Philadelphia, 7 p.m.
Portland at Toronto, 7 p.m.
L.A. Clippers at Cleveland, 7:30 p.m.
Miami at Detroit, 7:30 p.m.
Milwaukee at Memphis, 8 p.m.
L.A. Lakers at New York, 8 p.m.
Phoenix at Utah, 10:30 p.m.

SPURS 111, RAPTORS 100

SAN ANTONIO (111)
Jefferson 1-2 0-0 3, Duncan 7-11 2-2 16, Blair 14-21 0-0 28, Parker 8-15 0-0 16, Ginobili 6-11 0-1 12, Hill 5-9 6-6 18, Splitter 2-3 2-7 6, Neal 3-5 1-3 9, Bonner 1-4 0-0 3, Novak 0-0 0-0 0, Quinn 0-0 0-0 0. Totals 47-81 11-19 111.
TORONTO (100)
Weems 4-9 0-0 8, A.Johnson 5-10 2-2 12, Bargnani 13-20 1-2 29, Calderon 3-9 0-0 6, DeRozan 10-18 5-7 25, Davis 0-0 0-2 0, Bayless 0-1 0-0 0, Barbosa 7-16 5-5 20, Ajinca 0-1 0-0 0, Wright 0-0 0-0 0. Totals 42-84 13-18 100.

San Antonio	31	29	21	30—111
Toronto	29	27	28	16—100

3-Point Goals—San Antonio 6-14 (Hill 2-2, Neal 2-3, Jefferson 1-1, Bonner 1-4, Parker 0-1, Ginobili 0-3), Toronto 3-9 (Bargnani 2-4, Barbosa 1-4, Calderon 0-1). Fouled Out—None. Rebounds—San Antonio 51 (Blair 11), Toronto 38 (A.Johnson 13). Assists—San Antonio 30 (Ginobili 9), Toronto 22 (Calderon 11). Total Fouls—San Antonio 19, Toronto 18. Technicals—San Antonio defensive three second. A—15,867 (19,800) at Toronto.

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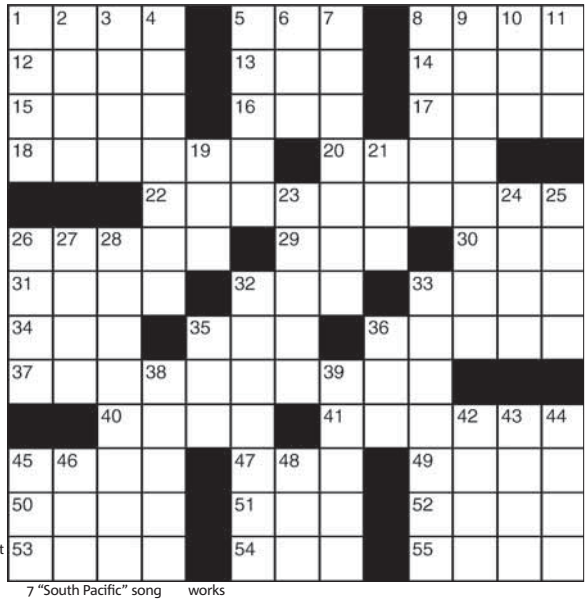
Crossword



Across

1 Blunder
5 Weep loudly
8 Window ledge
12 Hebrew month
13 Playwright Levin
14 Small combo
15 Come in second
16 — canto
17 Seeping
18 Blood channel
20 Object of worship
22 Admiral William of WWII
26 Assertion
29 Feedbag morsel
30 Rage
31 Amour
32 Phys. or biol.
33 Valhalla VIP
34 Mentalist Geller
35 Thee
36 Part songs
37 Consider
40 Albacore
41 Speak unclearly
45 Popular houseplant
47 Upper surface
49 Bedouin
50 Ireland
51 Have a bug
52 Poetic foot
53 Like candles or crayons
54 Crafty
55 Society newcomers

Down

1 Festive
2 Stench
3 Kiln
4 Comp
5 Prophetess
6 Raw rock
7 "South Pacific" song
8 Milkmaid's perch
9 Raymond Burr role
10 Claiborne of fashion
11 Actress Myrna
19 Pirates' quaff
21 Feline
23 — tenens (temporary officeholder)
24 Pennsylvania port
25 Longings
26 Organization
27 Traditional tales
28 Amelia Earhart, e.g.
32 Some Beethoven works
33 Kids' card game
35 Yang counterpart
36 Wildebeest
38 Soft and liquid
39 Suggest
42 Highland hillside
43 Mary's follower
44 Recedes
45 Not many
46 Historic time
48 Lubricate

▶ Yesterday's answer

Sudoku

3				6				5
	9			7			4	
2			4		9			3
9		1				4		7
		8	1		7	3		
7		6				5		2
4			7		2			9
	5			1			2	
1				4				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	6	4	1	5	8	9	2	3
1	9	8	3	4	2	5	7	6
2	3	5	7	9	6	8	4	1
9	5	6	4	8	1	2	3	7
8	2	1	6	7	3	4	5	9
3	4	7	9	2	5	1	6	8
4	1	3	5	6	9	7	8	2
5	8	9	2	3	7	6	1	4
6	7	2	8	1	4	3	9	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ros I love you with all my heart. I hope you can forgive me for my mistakes all I want is to be with you **YOUR MUFFIN**

Mark, I love you sooo Much! You mean the world to me! Will you be my valentine? **LOVE YOUR GIRL G**

Adam, happy almost-Valentine's day baby! You are the sunshine on my rainy days <3 lav you so much!!! **YOUR FAVOURITE EV :)**

Mr. highlighter! I can't believe it's about to be our first valentines day together. You are honestly the light of my life and the reason I wake up in the morning. You're an amazing person and I want the whole world to know how much I love you :) **FOREVER YOURS, STEPHY <3**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -7° Max 4°	Min -2° Max 7°	Min -3° Max 4°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20
You'll be in demand today, so promise yourself that you will not accept each and every invitation that comes your way. If you do, you will soon be exhausted. It's always about quality, not quantity.

♉ Taurus April 21-May 21
Venus, your ruler, links with Pluto, planet of passion, in one of the best areas of your chart. That tells you anything of a creative or romantic nature will go brilliantly.

♊ Gemini May 22-June 21 Be honest with yourself, and with other people, about what you can accomplish, even if it means you have to break a promise you made at the start of the year.

♋ Cancer June 22-July 22 It's time to patch things up with someone you fell out with. Why you drifted apart is not important. What matters is that you both realize life is better for when you're together.

♌ Leo July 23-Aug.23 Nothing will upset you today. The world around you may be in a constant state of crisis but you will sail through it all without a care. Are you in love? If you're not, you will be, soon.

♍ Virgo Aug. 24- Sept. 22 You have a glow about you today and others will draw closer to feed off your inner warmth. Don't let them get too close or you'll be crowded, but don't turn them away, either. You're a magnet for good vibes.

♎ Libra Sept. 23-Oct. 23 Your imaginative powers are high and you must find ways to use them for your own enjoyment and profit. You must also find ways to cheer up someone going through a rough patch.

♏ Scorpio Oct. 24-Nov. 22 With Venus, planet of love, on ideal terms with your ruler, Pluto, you can charm your way into the affections of anyone you please. You've always been irresistible but, today, the world wants to be your friend.

♐ Sagittarius Nov. 23-Dec. 21 If you are generous to others, they will be generous to you. However, if you refuse to help where help is needed, you will find that your own needs remain unfulfilled.

♑ Capricorn Dec. 22-Jan. 20 The amount of intensity you have shown in recent weeks will match your easygoing mood now. Venus in your sign will help you see things in perspective, and Pluto will help you act on what you see.

♒ Aquarius Jan. 21-Feb. 18 If you face a choice between making your own life more comfortable and helping someone who is not as fortunate as you, there is little doubt you'll choose the latter.

♓ Pisces Feb. 19-March 20 You will make an effort to see the good in each person you meet. You will also make it your business to do good yourself, knowing that it will spread outward. **SALLY BROMPTON**

EUGENE HOSHIKO/ THE ASSOCIATED PRESS

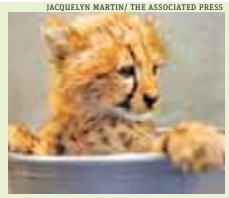
Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JACQUELYN MARTIN/ THE ASSOCIATED PRESS



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